Today, brain serotonin is largely known to be anticonvulsive.

While the action of SSRIs depends on the doses:
- at low doses they are anti-convulsive
- at high doses they are pro-convulsive

Today, we know SSRIs don't reach the brain in amounts enough to inhibit serotonin re-uptake.

Moreover their efficacy as antidepressants is low:
- a review reports to be about 50% vs placebo, the previous result is about 60% about placebo

Could be interesting to find another way to increase brain serotonin synthesis.

Could an increasing in Trp/LNAAs plasmatic ratio to be able to produce an increasing in brain serotonin synthesis?

Alpha-lactalbumin is able to increase Trp/LNAAs, even if orally admistrated.

Alpha-lactalbumin, orally admistrated, is able to increase brain serotonin synthesis.