

RNA

Chemical Composition of RNA

Nucleic Acid Bases: Adenine (a Purine)

Guanine (a Purine)

Uracil (a Pyrimidine)

Cytosine (a Pyrimidine)

"Backbone" Phosphorus

Ribose

These Substances Enhance the Synthesis of Endogenous RNA

Amino Acids

Orotic Acid is essential for the synthesis of endogenous RNA (due to its role as an intermediate in the synthesis of Pyrimidine Nucleotides).

S-Adenosylmethionine (SAM) is essential for the production of RNA (SAM functions as a methyl donor in the production of RNA). research

RNA Polymerase stimulates the production of RNA from Spermine.

Coenzymes

Coenzyme A facilitates the repair of the body's endogenous RNA.

Enzymes

RNA Polymerase catalyzes the production of RNA from endogenous Spermine: RNA Polymerase catalyzes the linking of the individual Nucleotides that then form RNA.

Ribonuclease catalyzes the hydrolysis (breakdown) of RNA into its individual Nucleotides.

Hormones

Human Growth Hormone (hGH) increases the endogenous production of RNA.

Lipids

Ginsenoside Rb1 stimulates the synthesis of endogenous RNA.

Minerals

Zinc facilitates the synthesis of RNA by enhancing the function of RNA Polymerase. research

Nucleic Compounds

Cytosine is an essential component of RNA.

Smart Drugs

Centrophenoxine increases the synthesis of (total and messenger (mRNA)) RNA in the Glial Cells of the Brain. research

Dimethylaminoethanol (DMAE) increases the content of RNA in the Brain.

Vitamins

Folic Acid (after conversion to its endogenous Folinic Acid form) is a necessary cofactor for the synthesis of RNA (due to its role in the synthesis of the Nucleic Acid bases that are incorporated into endogenous RNA).

Vitamin A facilitates the synthesis of endogenous RNA.

Vitamin B6 facilitates the synthesis of endogenous RNA.

Vitamin B12 increases the manufacture of RNA in Neurons.

These Herbs Enhance the Endogenous Synthesis of RNA

Korean Ginseng stimulates the endogenous synthesis of RNA (especially the synthesis of nuclear RNA by the RNA Polymerase enzyme) - this occurs primarily due to the Ginsenoside Rb1 content of Korean Ginseng. research

Siberian Ginseng stimulates the endogenous synthesis of RNA.