



## NEUROTRANSMITTERS EXTENSIVE- Test code 4026



Turnaround Time: 12-15 business days



Specimen Type:  
Dried Urine Strips

### Description

Neurotransmitters are chemical messengers that play a vital role in transmitting signals within the brain and throughout the nervous system, influencing mood, behaviour and cognitive function (Teleanu et al., 2022). Common neurotransmitters such as serotonin, dopamine, and GABA, are crucial for regulating emotions, sleep and motivation; imbalances in these neurotransmitters can lead to a range of conditions such as anxiety, depression and attention deficit disorders (Teleanu et al., 2022).

Neurotransmitter testing offers valuable insights into your brain chemistry, helping to identify specific imbalances that may contribute to mental health challenges or cognitive decline (Teleanu et al., 2022). This testing typically involves a simple urine or saliva sample, making it a non-invasive and convenient way to assess your neurotransmitter levels (Teleanu et al., 2022).

Understanding these neurotransmitter levels can guide personalised treatment strategies, including dietary adjustments, lifestyle changes or targeted supplementation, aimed at restoring balance and improving overall mental well-being (Teleanu et al., 2022). By addressing these imbalances, individuals may experience improved mood, better focus, enhanced motivation and a greater sense of emotional stability, ultimately leading to a higher quality of life.

### Whats included?

- Serotonin
- GABA
- Glutamate
- Dopamine
- Noradrenaline
- Adrenaline
- Noradrenaline/Adrenaline ratio

### Conditions and Symptoms

- Anxiety, panic attacks and depression
- Low energy or lack of motivation
- Mood swings
- Obsessive-Compulsive Disorder (OCD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Alzheimer's disease

### Complementary Testing

- Complete Microbiome Mapping (Test code 2206)
- Adrenocortex Stress Profile (Test code 1001)
- Hair Mineral Analysis- Level 2 (Test code 5014)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details