



NEUROTRANSMITTERS INTERMEDIATE- Test code 4035



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).

Testing glycine, histamine, and phenylethylamine (PEA) levels can offer valuable insights into mental health. Glycine functions as an inhibitory neurotransmitter, promoting relaxation and helping with sleep and anxiety (Teleanu et al., 2022). Imbalances in histamine are linked to mood disorders and irritability (Teleanu et al., 2022), while PEA affects focus, motivation and emotional regulation, with deficits often associated with depression (Teleanu et al., 2022).

Understanding these neurotransmitter levels can guide personalised treatment strategies 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
- Glycine
- Histamine
- Phenylethylamine (PEA)

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)
- 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