Test Results:
Neuro-Hormone Report

Report Number:
-S0059

Provider:
Sample Reports
16255 SE 130th Ave
Clackamas, OR 97230

Patient Info:
Dana Sample

Age:41 **Gender:**F

Menopausal Status:
Pre-Menopause

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Sample Collection	Date/Time
Morning	04/06/2013 0839
Noon	04/06/2013 1200
Evening	04/06/2013 1737
Night	04/06/2013 2315
Urine	04/06/2013 0905
Wake Up Time	0805
Samples Arrived	04/15/2013
Results Reported	06/22/2015

	Neurotransmitter Test	Result	Units	L / WR / H	Reference Range	
NEUROTRANSMITTERS	**Serotonin**	65.10	µg/gCr		74.13 - 111.19	INHIBITORY
	GABA	2.25	µMol/gCr		2.76 - 4.14	
	Dopamine	140.83	µg/gCr		139.1 - 208.7	EXCITATORY
	Norepinephrine	21.27	µg/gCr		28.07 - 42.11	
	Epinephrine	3.49	µg/gCr		3.36 - 5.05	
	Glutamate	80.56	µMol/gCr		60.69 - 91.03	
	N/E Ratio	6.10			<10.0	
	Creatinine	101.54	mg/dL			
	Specific Gravity	1.013				

Neurotransmitter Interpretations:

- The reported cognitive and mood concerns, stress, diminished drive, fatigue and sleep difficulties, cravings and pain issues are consistent with the reported neurotransmitter imbalance(s).
- Low serotonin may contribute to anxiety/depression and a sense of discontentment. Diminished serotonin may also be implicated in poor sleep quality and subsequent fatigue upon awakening as well as muscle and body aches and over-all lassitude. Tryptophan, L-theanine, and 5 HTP influence this pathway.
- Low GABA may be associated with anxiety, worry, poor impulse control and/or decreased sleep quality. L-theanine, GABA, and glutamine influence this pathway, while phenibut exerts GABA like effects.
- Low range dopamine is often associated with difficulty concentrating and decreased libido and may be associated with increased addiction, repetitive behaviors and other stimulation seeking activities. L-tyrosine, L-theanine, and Mucuna pruriens influence this pathway.
- Low norepinephrine and low range epinephrine levels may be associated with depression and mood changes as well as fatigue, difficulty concentrating, decreased ability to stay focused on tasks and diminished sense of personal/professional drive. L-tyrosine, L-theanine, and Mucuna pruriens influence this pathway.
- Therapeutic considerations include: 5HTP and/or L-tryptophan; GABA, L-glutamine, and/or phenibut; L-tyrosine, and/or Mucuna pruriens. Additional considerations are nervine and adaptogenic herbs, supportive nutrients, vitamin D, methylation support, and L-theanine. Note: The reported low to low range monoamine neurotransmitters may be associated with genetic disruptions in methylation and/or suboptimal quantities of required co-factors. Further testing may be warranted.

Notes:

**Creatinine has no diagnostic value and is measured solely for calculation of neurotransmitter levels.*
**Neurotransmitter test results are for investigational use only.*

Jay H. Mead MD FASCP
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Medical Director