



Test report Neurotransmitters Basic

Dummy Persson

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10/29/2021

Neurotransmitters Basic
YGWMU5-F500



Your test results

Our lab has tested your urine sample for the levels of serotonin, dopamine, adrenaline and noradrenaline. Your results can be found below.

Neurotransmitters Basic

Name	Your value	Reference value	Scale
Adrenaline	● 4.78 µg/g Crea	2,0 - 5,5	 4.78
Creatinine *	● 545.60 mg/dl	290 - 2260	 545.60
Dopamine	● 295.84 µg/g Crea	130 - 240	 295.84
Noradrenaline	● 54.34 µg/g Crea	15 - 36	 54.34
Noradrenaline/Adrenaline Quotient	● 11.36 Quotient	3 - 6	 11.36
Serotonin	● 151.23 µg/g Crea	80 - 190	 151.23

* The creatinine value is used to see if you have a normal urine concentration and that it is not abnormally diluted or abnormally concentrated because in that case it can affect the measured values.



Neurotransmitters Basic

Chronic stress is challenging on the body's energy reserves and can be very taxing on health in the long term. The hormones and neurotransmitters responsible for the stress response and its regulation in the body can be a warning signal that tells us when we have pushed ourselves too hard and give us an opportunity to do something about it before it is too late, ie. before we eventually get burned out.

When we are exposed to chronic stress, hormones and neurotransmitters are used until the nerve cells are emptied, which can result in symptoms of mental or physical exhaustion. The earlier we take action, the faster we can reverse this.

The interaction between all these substances can give a positive stress reaction in the body. If a person is under constant stress or already suffers from chronic fatigue or burnout, the balance between the neurotransmitters has become out of balance.

Adrenaline, noradrenaline and dopamine

[Redacted text block]

[Redacted text block]

[Redacted text block]

[Redacted text block]

Serotonin

[Redacted text block]



[Redacted text block]

Dietary sources

[Redacted text block]

Warning

[Redacted text block]

