

ZRT Neurotransmitter Profiles

Retail

- ❖ **NeuroAdvanced Profile:** Dried Urine: Serotonin, GABA, Glutamate, Glycine, Histamine, PEA, Dopamine, Norepinephrine, Epinephrine, and metabolites. \$272

- ❖ ***Include any of the following Add-ons at a discounted price with the NeuroAdvanced Profile***
 - **Saliva Hormones:** Estradiol, Progesterone, Testosterone, DHEA sulfate, Cortisol \$139
 - **Diurnal Cortisol & Melatonin:** Dried Urine: Cortisol X 4, Melatonin X 4 \$179
 - **Diurnal Cortisol, Melatonin, Norepinephrine & Epinephrine:** Dried Urine: Cortisol X 4, Melatonin X 4, Norepinephrine X 4, Epinephrine X 4 \$222

Shipping Sample to the Lab: No Charge – there is a pre-paid UPS shipping label in your test kit.

Your test results are typically returned to us within 2 weeks. Please provide your email address if you would like for us to email the test results to you.

Should any of your test results be out of normal range our Clinical Nutritionist is available by appointment for evaluation, assessments, nutrition physical, and customized natural recommendations.

Dried Urine – A Convenient Testing Option

The nature of urine collection is non-invasive and preferable over the traditional invasive needle collection approaches such as measurement of cerebrospinal fluid. ZRT Laboratory offers a simple and convenient collection of four separate urine samples at specific time points throughout the day – 1st morning, 2nd morning (approximately 2 hours after the first collection), early evening, and bedtime. Urine is collected onto filter strips by urinating directly on the strip, or by dipping the filter card in a cup containing the collected urine. The urine cards are then allowed to dry overnight, and sent to ZRT for testing.

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14720 N. Pennsylvania Avenue, Oklahoma City, OK 73134
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Neurotransmitter	High Levels in Urine	Low Levels in Urine
Glutamate functions as the brain's major excitatory neurotransmitter.	Glutamate is high in celiac disease and hyperthyroidism. Clinically, high glutamate is suspected in anxiety, autism, bipolar disorder, depression, panic attacks, and sleep issues.	Glutamate is low in patients with migraines. Clinically, low glutamate is implicated in agitation, depression, chronic fatigue, lack of concentration, low energy levels, and sleep disturbance.
PEA serves as a biomarker for ADHD.	PEA is elevated in individuals with bipolar major affective disorder and severe anxiety.	PEA is low in patients with autism, ADHD, depression, and inattentiveness.
Histamine is a neurotransmitter and immuno-modulator.	High histamine may implicate allergies, depression, headaches, migraines, OCD, and sleep difficulties.	Low histamine is associated with fatigue, low libido, low productivity, mild depression, tension headaches, and weight gain.
Dopamine serves as the reward and pleasure center in the brain.	High dopamine is reported in patients with high in anxiety, stress, PTSD, and mercury toxicity.	Dopamine is low in Alzheimer's disease, anorexia nervosa, fibromyalgia, periodic limb movement disorder, sleep disturbances.
Epinephrine (adrenalin) and norepinephrine regulate the "fight or flight" response and energy.	Epinephrine and norepinephrine levels are high in patients with anxiety, ADHD, bipolar disorder, depression, sleep apnea, PTSD, and stress.	Epinephrine and norepinephrine levels are typically low in Alzheimer's disease, metabolic syndrome, obesity. Can cause fatigue.
GABA functions as the brain's major inhibitory neurotransmitter.	GABA is elevated in ovarian cancer patients, and is suspected in anxiety, excessive need for sleep, foggy thinking, and lethargy.	Low GABA is implicated in anxiety, sleep difficulties, adrenal distress and hypothalamic pituitary adrenal axis feedback dysfunction. Low GABA levels are associated with disorders like ADHD and Tourette syndrome.
Serotonin contributes to the feelings of happiness and well-being.	Increased serotonin is implicated in anxiety, high blood pressure, irritability, and low libido.	Serotonin is decreased in depression, and may be associated with heightened sensitivity to pain, hot flashes, hunger, low mood, migraines, OCD, panic disorder, sleep disturbances, and worsened PMS.
Glycine plays a dual role as a neurotransmitter and an amino acid that serves as a building block to proteins.	Clinically, high glycine levels are suspected in anxiety and sleep difficulties.	Clinically, low glycine levels are suspected in anxiety.
Cortisol is important for energy, allergies and regulating sleep patterns.	Sleep disturbances, Depression, Weight gain in waist, Loss of muscle mass, Thinning skin	Fatigue, Sugar craving, allergies, chemical sensitivity, Stress, Cold body temperature, Heart palpitations, Aches and pains, Arthritis
Melatonin is important for sleep and regulating sleep patterns.	Daytime sleepiness, Headaches, Dizziness, Mild Anxiety, Irritability, Confusion, Short-lasting symptoms of depression, Weakness, Tremors, Psychotic thought patterns	Insomnia, Fatigue, Anxiety, Depression, Waking up early in the morning, Frequent waking through the night, Several cancers
References are available upon request.		

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