



*“When my doctor addressed the low serotonin that was affecting my sleep, I not only started sleeping better but I also noticed an improvement in my mood and fewer sugar cravings.”*

Kristen, Sales

**Feel better, faster. Start today!**

Ask your healthcare practitioner for a **NeuroAdrenal Expanded (9128)** test, or another test that’s right for you. If you have sleep issues, request a **NeuroAdrenal Melatonin (9328)** test.

Neurotransmitter testing is covered by most insurance companies. NeuroScience, Inc. can submit to your insurance company on your behalf.

Why are you here?  
**Your neurotransmitters could hold the clues.**

**Neurotransmitters 101**

Visit [facebook.com/neuroscienceinc](https://facebook.com/neuroscienceinc) or scan the code below to learn more about what **NeuroScience** can do for you and your healthcare practitioner.



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Before You Test



# Your health is controlled by your nervous system.

Your nervous system is the master controller of everything that goes on inside your body. It directs everything from life-sustaining functions such as breathing, digestion, and sleep, to emotions and learning. It's also essential for responding to what's going on around you. The nervous system accomplishes all of these functions using chemical signals called neurotransmitters.

*"I was relieved when my doctor said a simple urine test could identify nervous system imbalances playing a role in my poor memory and mood."*

Ted, retired



## Many health concerns are the result of improper neurotransmitter signaling.

Think about your own health. What's been bothering you? Headaches, anxiousness, poor sleep or fatigue? Or, maybe you're experiencing intestinal complaints or have recurring illness.

These and many other symptoms may be the result of imbalances in one or more neurotransmitters. Your healthcare practitioner needs to know which one(s) may be causing your symptoms in order to choose the right intervention for you.

## Which neurotransmitters could be involved in your health concerns?

Do you suffer from:	These neurotransmitters may be involved.
<input type="checkbox"/> Poor Sleep	Serotonin, Taurine, GABA, Glutamate, Histamine, PEA, Norepinephrine, Epinephrine
<input type="checkbox"/> Fatigue	Glutamate, Histamine, Norepinephrine, Epinephrine
<input type="checkbox"/> Anxiousness	Taurine, GABA, Glycine, Glutamate, PEA, Norepinephrine, Epinephrine
<input type="checkbox"/> Low Mood	Serotonin, Glycine, Glutamate, PEA, Norepinephrine
<input type="checkbox"/> Attention Difficulties	PEA, Dopamine, Norepinephrine
<input type="checkbox"/> Excess Energy	Taurine, GABA, Norepinephrine, Epinephrine
<input type="checkbox"/> Cravings	Serotonin, Glutamate, Dopamine
<input type="checkbox"/> Intestinal Complaints	Serotonin
<input type="checkbox"/> Poor Cognitive Function	Glutamate, PEA, Dopamine
<input type="checkbox"/> Weight Management Difficulties	Serotonin, Epinephrine
<input type="checkbox"/> Excess Stress	Serotonin, Glycine, Norepinephrine, Epinephrine
<input type="checkbox"/> Headaches	Serotonin, Histamine
<input type="checkbox"/> Immune Issues	Serotonin, Glycine, Glutamate, Histamine, Norepinephrine

**A simple urine test collected in the privacy of your own home can identify which neurotransmitter(s) may be playing a role in your health concerns.**

\*This is a sample listing of conditions related to neurotransmitter imbalances and is not comprehensive.

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## What do neurotransmitters do?

**Serotonin** plays important roles in mood, sleep, and appetite. In the brain, it supports proper neural transmission and in the body, a healthy immune response and GI function.

**GABA** is the main calming neurotransmitter in the brain and is necessary to feel calm and relaxed.

**Taurine** is an amino acid with neurotransmitter activity that is important for proper heart function, healthy sleep, and promoting calmness.

**Glycine** is an amino acid with neurotransmitter activity that helps calm and relax the body.

**Glutamate** is the body's main stimulating neurotransmitter, necessary for learning and memory. It is also released in large quantities by the activated immune system.

**Histamine** is mostly thought of as part of allergic reactions, but it also helps control the sleep-wake cycle as well as energy and motivation.

**PEA** is important for focus, concentration, and energy.

**Dopamine** is responsible for feelings of pleasure and satisfaction, controls muscle function, and is a modulator of sympathetic function.

**Norepinephrine**, also known as noradrenaline, is important for mental focus, emotional stability, and your adrenal/ stress response.

**Epinephrine**, also known as adrenaline, is important for motivation, energy, mental focus, and stress response.