

# Neurotransmitters Panel

## Connect the Dots Between Brain Chemistry and Daily Function

Dealing with mood swings, anxiety, brain fog, fatigue, or disrupted sleep? Your neurotransmitters may hold the key to better mental and cognitive health. The Neurotransmitters Panel provides insights into the root causes of emotional, behavioral, and neurological symptoms by measuring key brain chemicals involved in mood regulation, stress response, and focus.

It also identifies imbalances in serotonin, dopamine, GABA, and other neuroactive compounds—factors that can silently influence sleep quality, motivation, energy, and mental clarity. If you've been struggling with symptoms that don't resolve or don't respond to standard care, this test offers a deeper look at neurochemical function and how it may affect your health.

With science-backed data and targeted insights, your healthcare provider can develop a personalized strategy to support neurotransmitter balance, improve brain function, and help you feel more focused, calm, and resilient.

## How It Works

The Neurotransmitters Panel is a non-invasive urine test that comprehensively views your brain chemistry and neurochemical balance. It measures key neurotransmitters like serotonin, dopamine, GABA, and others involved in mood, focus, stress response, and sleep regulation. Using advanced LC-MS/MS technology, this test delivers high-precision results that help identify imbalances contributing to anxiety, depression, fatigue, and cognitive symptoms. With clear visuals and personalized insights, your provider can create a targeted plan to support neurotransmitter function and improve mental and emotional well-being.

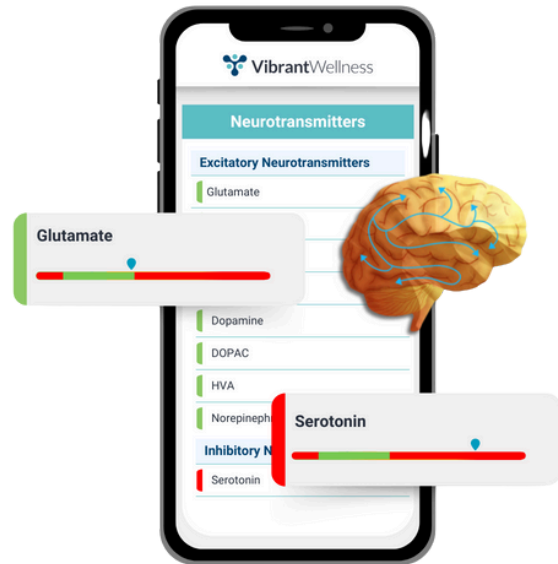
## Why Choose the Neurotransmitters Panel?

- **Gives Insight in Imbalances:** Identifies imbalances in neurotransmitters like serotonin, dopamine, and GABA, which can contribute to conditions such as anxiety, depression, insomnia, and cognitive decline.
- **Shows Levels of Patient's Neurotransmitters:** Measures both the levels of neurotransmitters and their metabolites, providing deeper insights into brain chemistry and its effect on mental health.
- **Early Detection:** Early detection of neurotransmitter imbalances allows for personalized treatment plans, including dietary adjustments, supplements, and therapies that help restore mental and emotional well-being.
- **Helps Individual with Management Plan:** Provides clear, actionable insights to help individuals manage symptoms, improve mood stability, and enhance cognitive performance by addressing neurotransmitter imbalances.



## Key Markers Include:

- **Serotonin, Dopamine & Norepinephrine (Mood & Motivation):** Measures core neurotransmitters involved in emotional regulation, alertness, and reward processing—often disrupted in anxiety, depression, or burnout.
- **GABA & Glutamate (Calm vs. Excitatory Balance):** Assesses the balance between calming and excitatory signals in the brain that affect stress response, sleep quality, and neurological overstimulation.
- **Epinephrine & Norepinephrine (Stress Reactivity):** Evaluates catecholamines involved in acute and chronic stress, offering insight into nervous system tone and adrenal influence.
- **Histamine & Glycine (Cognitive & Sensory Modulation):** Reflects compounds involved in memory, sensory integration, and mood reactivity—often relevant in cases of irritability or hypersensitivity.
- **Creatinine (Normalization Marker):** Used to adjust neurotransmitter values for hydration status and ensure accurate interpretation of urinary excretion patterns.
- **LC-MS/MS Methodology (Precision Testing):** Utilizes gold-standard mass spectrometry for precise, quantitative assessment of neurochemical imbalances impacting brain-body function.



The Neurotransmitters Panel analyzes neurochemical balance, stress response, and excitatory-inhibitory signaling to uncover potential causes of anxiety, fatigue, brain fog, mood swings, and poor sleep. It identifies key neurotransmitters and markers of imbalances that impact emotional regulation, cognitive performance, and mental clarity—key drivers of persistent symptoms and neurological dysfunction.

## Who Should Take This Test?

- **Mood Changes That Don't Make Sense?** Anxiety, irritability, or emotional ups and downs may point to neurotransmitter imbalance. This test helps clarify what's behind your symptoms.
- **Struggling With Sleep or Focus?** Trouble falling asleep, staying asleep, or concentrating during the day can reflect disrupted neurochemical signaling.
- **Feeling Drained or Mentally Foggy?** Low energy, brain fog, and poor motivation are often tied to dopamine, norepinephrine, or GABA imbalances.
- **Managing Mental Health but Missing Pieces?** This panel adds valuable insight into treatment response for patients already receiving care for mood or attention issues.
- **Looking to Optimize Cognitive and Emotional Health?** This test supports patients focused on prevention, clarity, and long-term neurological resilience.

## Take the First Step Towards Better Health

If you're dealing with anxiety, brain fog, mood swings, or unexplained fatigue, your brain chemistry could be the missing link. The Neurotransmitters Panel delivers clear answers and personalized insights to help restore balance from within. Talk to your healthcare provider today and take the next step toward better focus, calm, and emotional well-being.

### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.