

Saliva Hormone Test

Provider: **Client:** Jane Doe **Age:** 50
DOB: 01-Jun-1963
Gender: F
Status: Irregular
Phone: **Cycle Day:** 50

Test Name	Result		Range
Inhibitory Neurotransmitters (µg/g Cr)			
Serotonin (Urine)	32	L	47.6-140.3 (Optimal 61.0-103.2)
5-HIAA (Urine)	11800		2205-11816 (Optimal 2988-5850)
GABA (Urine)	142	L	167-463 (Optimal 193-367)
Glycine (Urine)	124		41-295 (Optimal 61-159) (mg/g Cr)
Excitatory Neurotransmitters (µg/g Cr)			
Glutamate (Urine)	5000	H	1213-4246 (Optimal 1515-2710)
Histamine (Urine)	23		7.6-35.4 (Optimal 10.1-22.3)
PEA (Urine)	40	H	3.6-38.8 (Optimal 5.3-16.1)
Dopamine (Urine)	60	L	103-282 (Optimal 144-240)
DOPAC (Urine)	370	L	495-2456 (Optimal 658-1449)
HVA (Urine)	3000	L	3025-9654 (Optimal 3737-7048)
Norepinephrine (pooled) (Urine)	8	L	10.0-35.7 (Optimal 15.0-28.1)
Normetanephrine (Urine)	15		13.4-44.8 (Optimal 17.9-31.7)
Epinephrine (pooled) (Urine)	1		0.8-6.2 (Optimal 1.4-4.2)
Ratio: Norepi/Epi (Urine)	8		2.9-25.2 (Optimal 5.2-13.7)
VMA (Urine)	2500		1996-5939 (Optimal 2580-4766)

Test Interpretation

Serotonin is lower than the reference range. Generally regarded as the happiness molecule, serotonin has calming effects and contributes to the feelings of well-being. Serotonin elevates mood, decreases anxiety, appetite, and libido, improves sleep and memory, eases depression, and helps regulate body temperature. Most of serotonin in the human body is produced in the gastrointestinal tract, where it stimulates gut motility. Research shows that urinary serotonin levels are reduced in patients with depression (Nichkova et al., 2012). Clinically, low serotonin is associated with anxiety, depression, changes in appetite, cravings, excessive worry, heightened sensitivity to pain, hot flashes, hunger, low mood, migraine, obsessive compulsive disorder, panic disorder, sleep disturbances, and worsened PMS symptoms. When serotonin is low, supplementation with cofactors to promote biosynthesis (e.g. vitamin B6), precursors (tryptophan/5-HTP), L-theanine, and probiotics may be helpful (Patterson et al., 2014; Pamela Wartian Smith, 2008; Strasser et al., 2016). Additionally, lifestyle modifications, such as regular exposure to bright light, healthy diet, sufficient exercise, and positive self-talk are all effective strategies that result in increased serotonin levels (Young, 2007).



Eric Muradov ND
Medical Director
TruMed