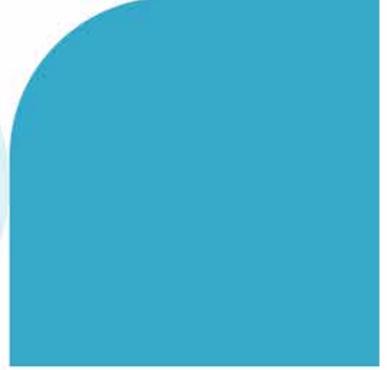
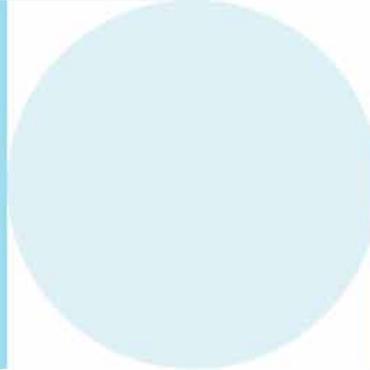
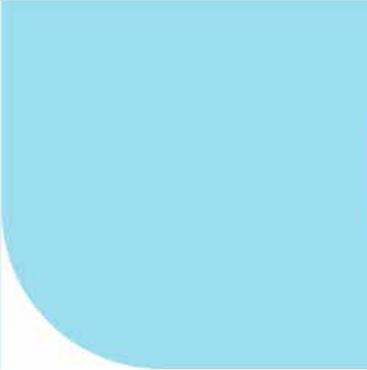
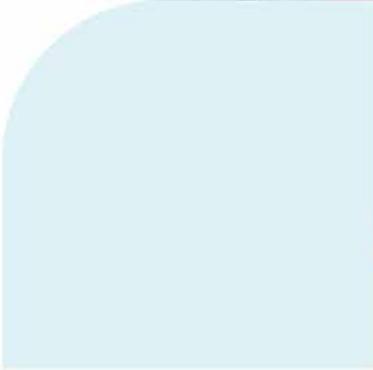
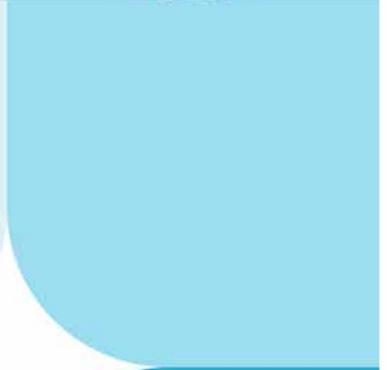
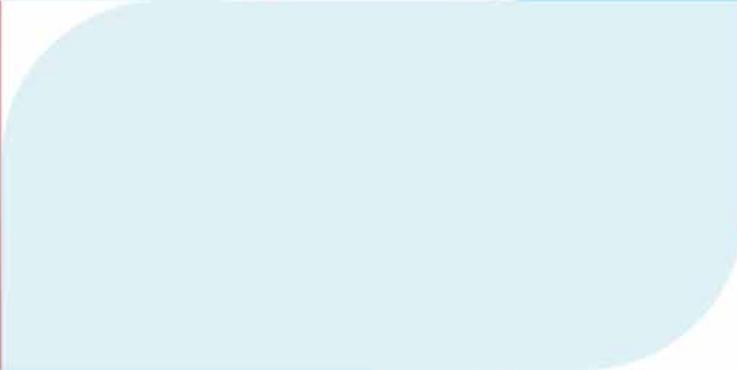




Test report



At-home test



Serotonin Test

Lab test

Urine

Name: **Sample Report** Date of test: **09/01/2023** Analysis-ID: **DUMMY-28**

Lab results

Our lab has tested the concentration of serotonin in your urine. You will find your results below.

Substance	Your value	Reference value (for adults)
Serotonin	● 11 µg/g	<ul style="list-style-type: none">● < 60 µg/g: Insufficient serotonin supply● 60-450 µg/g: Good serotonin supply● 450 µg/g: Too high serotonin supply

Comment: Your value is below the reference range. For more information, see 'Your Recommendations' below.

This test is not a substitute for professional medical advice. Always seek medical care if you experience severe symptoms.

Your Recommendations*

Your serotonin levels are low (59.00), they should be above 100 ug/g. With low levels of serotonin, consider supplement with either 5-HTP or L-tryptophan.

5-HTP: One capsule, 1-2 times daily spread throughout the day with or without food.

L-tryptophan: 1-2 capsules, 1-2 hours before bedtime or an empty stomach.

Furthermore, one should also ensure their nutrient status in the form of B vitamins, magnesium, Omega 3, and zinc.

B vitamins: One capsule, 1-2 times daily with meals.

Magnesium: One capsule, 1-2 times daily with meals.

Omega 3: One capsule, 1-2 times daily with meals.

Zinc: One capsule daily with meals.

Serotonin Deficiency

Serotonin levels are, among other things, dependent on there being sufficient amounts of tryptophan in the diet. Many vitamins and minerals are also important for serotonin formation. Excessive intake of alcohol, caffeine, and sweeteners can inhibit serotonin production in the body. Chronic stress, anxiety, and similar feelings also prevent the brain from producing the right amount.

Exercise can positively affect serotonin production, especially endurance sports.

The following foods are rich in tryptophan:

Some meat, pork, soy protein, brown rice, cottage cheese, fish, leafy green foods, pumpkin, sesame seeds, and lentils.

Need extra help?



Need help interpreting your results, understanding our recommendations, or with any health issues? You can book any of our fantastic team members for 15, 30, or 45-minute consultations.

Our team has experience with hormonal issues, gut problems, burnout, mental imbalances, nutrition and more. [You can book here.](#)

*We always advocate a healthy diet and lifestyle as a first choice. Recommendations regarding dietary supplements are based solely on laboratory results and do not take into account individual symptoms, possible medical conditions, or the use of medications. Always consult a qualified therapist or doctor before changing your diet and/or starting any form of dietary supplements.

In-depth

About Serotonin

Serotonin is an important neurotransmitter in the body and in the central nervous system. It is a neurotransmitter, which means it is a chemical messenger used by nerve cells to transmit signals between them. Serotonin plays a crucial role in the body and is involved in various physiological and psychological functions.

Functions of Serotonin

Mood Regulation: Serotonin is often associated with the regulation of mood and emotional well-being. Low levels of serotonin have been linked to depression and anxiety disorders. Many antidepressant drugs, such as selective serotonin reuptake inhibitors (SSRIs), increase the availability of serotonin in the brain and help improve mood.

Sleep Regulation: Serotonin is involved in regulating the sleep cycle. It helps control sleep quality and regulates when we feel tired and awake.

Food Intake and Appetite Control: Serotonin also affects our appetite and food intake. It can influence feelings of satiety and hunger. Disruptions in serotonin balance can lead to eating disorders like bulimia and anorexia.

Pain Control: Serotonin is involved in regulating our perception of pain. It can affect how we respond to painful stimuli.

Regulation of Bowel Movements: A significant portion of the body's serotonin is actually produced in the gut, where it affects bowel movements and digestion.

Symptoms of Low Serotonin

Depression and Anxiety: Low levels of serotonin have been linked to feelings of sadness, anxiety, and stress.

Sleep Issues: Insufficient serotonin can lead to sleep disturbances and insomnia.

Increased Appetite: Low serotonin levels may increase appetite and contribute to overeating and weight gain.

Pain Management: People with low serotonin levels might be more sensitive to pain.

Symptoms of High Serotonin

Serotonin Syndrome: Excessively high levels of serotonin can lead to serotonin syndrome, a potentially dangerous condition that can include symptoms like agitation, muscle rigidity, high body temperature, and confusion.

Gastrointestinal Issues: An excess of serotonin in the intestines can cause diarrhea and other gastrointestinal problems.

Nervousness: Too much serotonin can make a person feel nervous and anxious.

