



Prepared for: Sample Report NFPlus
Date of Birth: 1/1/1984

Reported On: 4/10/2026

Neuro Focus Plus

Parameters	Your Results (4/10/2026)	Reference Range	Plays a Role In
Serotonin IV	26.5	63.7-105.1	Sleep cycle, depression, anxiety, carbohydrate cravings, PMS
Dopamine IV	185.9	137.0-306.3	Focus, attention, memory, motivation/drive, mood, addictive disorders
Norepinephrine IV	7.6	17.8-41.0	Energy, drive, stimulation, "fight or flight" response, sleep cycle disturbances anxiety
Epinephrine IV	0.4	1.5-4.2	"Fight or flight" response, metabolism, energy, depression, cognitive function.
Norepi/Epi Ratio	21.2	3.0-6.0	Ratios < 3 = restlessness, over-training Ratio > 6 = stress, tiredness, lack of focus, energy & motivation, "burn out"
GABA IV	5.6	4.4-9.8	Reduces excess stimulation. Anxiety, nervousness, restlessness, and sleep cycle
Glutamate IV	24.1	16.7-34.4	Agitation, impulsivity, anxiety, focus issues, sleep cycle disturbances, tics, migraines, headaches when elevated. Depression when low.
Histamine II	14.8	14.0-44.0	Responds to allergy and inflammation, low levels cause lethargy. High levels can contribute to poor concentration, focus, or memory, attention issues.
5HTP IV	11.7	30.4-63.9	The amino acid precursor in the synthesis of serotonin
Glycine IV	600.9	853.0-1865.0	anxiety, nervousness and sleep cycle
Creatinine I	228	60.0-284.0	Determines whether sample is viable for testing (hydration/dehydration)

The information provided in this report is intended for informational purposes only. The information is not intended to replace a relationship with your physician or other healthcare professional. You should not rely on this information as professional medical advice. Always seek the advice of your physician or other qualified healthcare provider before starting, stopping or modifying any dietary supplement or before modifying or stopping any physician-prescribed treatment. In the case of a health emergency, seek immediate assistance from emergency personnel. Never delay obtaining medical advice or disregard medical advice because of something you have or have not read on this site.



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Suggested Protocol

Supplement	Morning Dosage	Lunchtime Dosage	Afternoon Dosage	Dinner Dosage	Before Bed Dosage
*M² 5-HTP 100mg					
Daily for Week 1	1 capsule(s)				
Daily for Week 2	2 capsule(s)				
Daily for Week 3	2 capsule(s)				
Daily for Week 4 and After	2 capsule(s)				
*M² DLPA					
Daily for Week 1					
Daily for Week 2					
Daily for Week 3	1 capsule(s)				
Daily for Week 4 and After	1 capsule(s)				
*M² GlutenPro					
Daily	1 capsule(s)	1 capsule(s)		1 capsule(s)	
*M² LipoCalm					
Daily	4 pump(s)				4 pump(s)



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*M² Neuro Nutrients 3					
Daily	1 capsule(s)			1 capsule(s)	

*M² Omega + 850 (120 ct)					
Daily	1 softgel(s)			1 softgel(s)	

PHP BH4 Assist (Mood Boost)					
Daily	1 capsule(s)				









Thorne Glycine					
Daily	1 capsule(s)				1 capsule(s)

Clinical Notes

-  BH4 contains SAME which is a significant methyl donor to help convert norepinephrine to epinephrine as well as support other biological processes that need methyl donors. BH4 is typically included when the norepi to epi ratio exceeds 19.
-  Causes for neurotransmitter imbalances include genetics, stress, anxiety, excessive worries, lack of physical exercise or movement, excess alcohol intake, lack of sleep, poor nutrition, excess caffeine intake, trauma, and a lack of balance/rest/restoration.
-  A broad-spectrum digestive enzyme has been suggested to improve digestion, nutrient absorption, and overall gut health. The digestive enzyme dosages in your regimen should be taken with meals.



Clinical Notes

-  Glycine: Levels of glycine may increase during high stress periods and among individuals healing from physical or emotional trauma and/or PTSD. Glycine is a well-known inhibitory (calming) neurotransmitter that works with GABA to support sleep quality, relaxation and calm psychological stress. Symptoms of glycine imbalances may result in anxiety, nervousness, restlessness, sleep cycle disturbances and issues with memory and focus.
-  Gut Health: Scientists consider the gastrointestinal tract the second brain (enteric nervous system). This is because it contains a network of millions of nerve cells called neurons hidden in the walls of the digestive tract that control the functions of the gastrointestinal (GI) tract, but also communicates with the brain. Gut health plays a crucial role in our ability to properly absorb nutrients and can affect every other system in the body, including the nervous system. Poor gut health can adversely affect both the synthesis and utilization of neurotransmitters and can be a large factor with neurotransmitter imbalances.
-  When 5-HTP is low there can be several scenarios at play. There can be a lack of methylation aiding tryptophan converting into 5-HTP or there is a low tryptophan containing diet.
-  Low catecholamines (dopamine, norepinephrine and epinephrine) can be indicative of long term low serotonin and/or GABA levels or long term GI imbalance.
-  Neurotransmitter Explanation II: Please note that all parameters are calculated around creatinine. Higher creatinine levels will result in lower values for neurotransmitters across the board. Lower creatinine will result in higher values across the board. It is important to note that it is the ratio between specific neurotransmitters and not the individual parameters that are being assessed.
-  Norepinephrine is an excitatory neurotransmitter, excreted from the adrenal gland, which is responsible for stimulatory processes in the body and is associated with energy, drive and focus. The observed values for norepinephrine indicate that your adrenals are tired.
-  The Norepinephrine to epinephrine ratio is calculated to determine the amount of adrenal (our stress organ) fatigue or over-use that is present. Levels between 3-6 are found to be optimal. Levels less than 3 are indicative of stress whether it is emotional or physical. Ratios above 6 are indicative of fatigue. Often, this ratio will be high if the body needs more of the correct form of folic acid (methylation). The body also needs methyl folate, methyl B6 and methyl B5 to convert 5HTP to serotonin.
-  Serotonin: Ideally there should be 50% as much serotonin as dopamine. When the ratio between serotonin and dopamine is out of balance it can contribute to issues with cravings, focus, anxiety and depression.



Lifestyle Notes



Diet: Get 3-4 servings of protein each day from sources such as wild fish, grass-fed beef, bison, organic chicken, turkey, beans, legumes, quinoa, tempeh, nuts and seeds. Adequate protein is needed to make neurotransmitters, hormones, enzymes, as well as to build healthy bone, muscle, skin, and hair. Protein is also vital for proper growth and development.



A reduction in gluten containing foods is encouraged when serotonin is low. Gluten adheres to the gut wall preventing some of the absorption of serotonin into the blood stream.



The human body is composed of two-thirds water. Water is required for every cell, organ and tissue to transport oxygen and nutrients around the body, and to regulate temperature. It is vital for joint lubrication, detoxification, energy production, and healthy hair, skin and nails. Aim to get half your body weight in ounces of water daily. Add lemon, cucumber, mint or berries for flavor. If you exercise or spend time outdoors in a hot climate, more water is needed.



Lab Descriptions



Serotonin IV

An inhibitory neurotransmitter, often referred to as the master neurotransmitter, that plays a role in sleep cycle, depression, anxiety, carbohydrate cravings, and PMS.



Dopamine IV

Dopamine is our focus or joy related neurotransmitter. When dopamine is either elevated (inefficient) or low, symptoms of poor focus or memory, attention issues or poor stress response can be noted.



Norepinephrine IV

An excitatory neurotransmitter that is responsible for stimulatory processes in the body. Norepinephrine also converts epinephrine. This neurotransmitter can cause anxiety at elevated excretion levels, as well as some "mood dampening" effects. Low levels of norepinephrine are associated with low energy and decreased focus ability. Elevated norepinephrine levels can also cause elevated blood pressure.



Epinephrine IV

An excitatory neurotransmitter involved in the body's "fight or flight" response and regulates brain functions such as metabolism, heart rate, and blood pressure. This neurotransmitter will often be elevated when hyperactivity or anxiety is present. Long-term over-stimulation can cause epinephrine levels to be depleted. Epinephrine also regulates heart rate and blood pressure.



Norepi/Epi Ratio

Provides insight into how well the body is coping with stress (adrenal glands). Ratios less than 3 can cause restlessness and/or be due to over-training. Ratios greater than 10 may indicate stress, tiredness, lack of focus, lack of energy & motivation, and burn out.



GABA IV

An inhibitory neurotransmitter that is often referred to as nature's valium-like substance. GABA reduces excess stimulation.



Lab Descriptions



Glutamate IV

Glutamate is an excitatory or stimulating neurotransmitter that is reflective of stress. It plays a role in focus. If Glutamate is elevated, one should check labels of foods that are being consumed since MSG (monosodium glutamate) and the many names that it is called as a food additive can be the culprit. Excess glutamate levels can cause significant anxiety, restlessness, sleep cycle disturbances, tics, migraines and headaches. The body will excrete more glutamate when serotonin is low as well.



Histamine II

Histamine is a stimulating neurotransmitter that plays a role in responding to inflammation or allergy. Low levels of histamine are indicative of fatigue.



5HTP IV

A naturally occurring amino acid and chemical precursor as well as a metabolic intermediate in the biosynthesis of the neurotransmitter serotonin. Low levels may be related to poor serotonin synthesis. Elevated levels are typically related to supplementation of 5HTP.



Glycine IV

Glycine is a conditionally essential amino acid that supports the body's detoxification pathways, promotes healthy brain & nervous system function, is the primary amino acid used in collagen synthesis, and supports healthy blood sugar levels. As an inhibitory (calming) neurotransmitter, glycine works with GABA to relax and calm the body and brain. Imbalances in glycine levels may be the result of a physical or emotional stressor which can result in anxiety, nervousness, restlessness, sleep cycle disturbances and issues with memory and focus. Supplementing with glycine can support healthy glycine levels and provide symptomatic relief overtime.



Creatinine I

A measurement in urine which determines whether a sample is viable for testing (hydration/dehydration). Please note that all parameters are calculated around creatinine. Higher creatinine levels will result in lower values across the board. Lower creatinine will result in higher values across the board.



Product Descriptions



5-HTP is the amino acid intermediate to the mood regulating neurotransmitter serotonin. 5-HTP crosses the blood brain barrier converting into serotonin in serotonin producing nerve cells. Besides benefiting mood, supporting serotonin levels can also help fight sugar and carbohydrate cravings and improve sleep quality by converting into melatonin. Melatonin is a hormone that regulates the sleep/wake cycle.



The amino acid dl-phenylalanine is the precursor to the neurotransmitters norepinephrine, epinephrine and dopamine. These neurotransmitters are involved in mood regulation, cognitive function as well as maintaining metabolism and energy levels. DL-phenylalanine is also the precursor to the neurotransmitter PEA (phenylethylamine), which is also involved in mood and cognitive function.



Avoidance of wheat products may not be enough to maintain a gluten-free diet. For example, did you know that gluten is used as a food additive and stabilizing agent in salad dressings, ice cream, and even ketchup? Our unique GlutenPro formula was created to complement those seeking a gluten-free lifestyle by encouraging more complete digestion and absorption of grains. *Polysaccharolytic Enzyme Blend. Gluten proteins in wheat products are surrounded by a starchy endosperm cell, which can more effectively be broken down with the alpha-galactosidase, phytase, amylase, glucoamylase, and diastase enzymes included in GlutenPro. * Proteolytic Enzymes. In addition to our traditional protease blend, this formulation includes DPP-IV which helps break down some of the stubborn peptides found in grain that are often implicated in gluten intolerance. *Probiotics. These "good" bacteria naturally present in the gut help support digestion to assist in maintaining optimum intestinal balance. *Herbal and prebiotic plant fiber. GlutenPro includes several herbs known for their ability to promote gastrointestinal system health. *Health Benefits: Neurogistics GlutenPro is a digestive enzyme supplement designed to help reduce the symptoms of occasional bloating, diarrhea, gas, and abdominal cramps associated with diets high in complex carbohydrates.*



GABA (Gamma Amino Butyric Acid) is a body's inhibitory neurotransmitter, facilitating the calming, parasympathetic response of the nervous system. GABA can offset the sympathetic, fight-or-flight response. GABA receptors are found not only in the brain but also in the gut, suggesting they may help regulate healthy GI function. L-Theanine is a calming amino acid found in high amounts in green tea. After supplementing with L-Theanine, brain wave patterns can smooth out, much like they do with meditation. L-Theanine can help balance mental strain. Together, these two amino acids gently support health and balance throughout the nervous system.



Product Descriptions



Neuro Nutrients 3 contains optimal amounts of many nutrients not easily obtained in most diets. It uses higher quality ingredients than most multivitamins, including vitamin E as high gamma mixed-tocopherols, a proprietary NatureFolate™ blend of active isomer naturally-occurring folates, and TRAACS® true amino acid chelate minerals for optimal tolerance and absorption. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multivitamin.*



EPA and DHA from fish oil promote cardiovascular health by supporting optimal triglyceride and cholesterol levels and reducing platelet aggregation. Fish oil has also been shown to promote optimal joint function and overall brain and nervous system function.



BH4-Assist (MOOD BOOST) may aid in maintaining proper levels of tetrahydrobiopterin, BH4. BH4 is an important molecule that plays a critical role in both neurotransmitter and nitric oxide production, thereby supporting sexual, cardiovascular, mental & neurological health and immunity. This formulation contains two forms of folate (folinic acid & L-5-Methyltetrahydrofolate) and SAME to support proper methylation and cell production. Royal Jelly has been included for its naturally occurring Bh4. Lithium has been noted in clinical research to increase Bh4 levels.



Glycine is a conditionally essential amino acid that supports the body's detoxification pathways, promotes healthy brain & nervous system function, is the primary amino acid used in collagen synthesis, and supports healthy blood sugar levels. As an inhibitory (calming) neurotransmitter, glycine works with GABA to relax and calm the body and brain. Imbalances in glycine levels may be the result of a physical or emotional stressor which can result in anxiety, nervousness, restlessness, sleep cycle disturbances and issues with memory and focus. Supplementing with glycine can support healthy glycine levels and provide symptomatic relief overtime.