NEUROSCIENCE
Improving Health Through The Nervous System
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Lab Request ID

413546

Generated on 5/10/2010 5:50 PM

Report Information

Health Care Professional	Patient	
Integrative Psychiatry	Fernand	Gender: Male
3392 Magic Oak Lane		Date of Birth: N/A
Sarasota, FL 34232		
		Wake up time: 05:00 AM
		Phone:

Order Details

Samples received: May 04, 2010

Order: Panel 9028 (NeuroAdrenal Basic)

Test Results

9028 - NeuroAdrenal Basic

Hormone

Adrenal Hormones

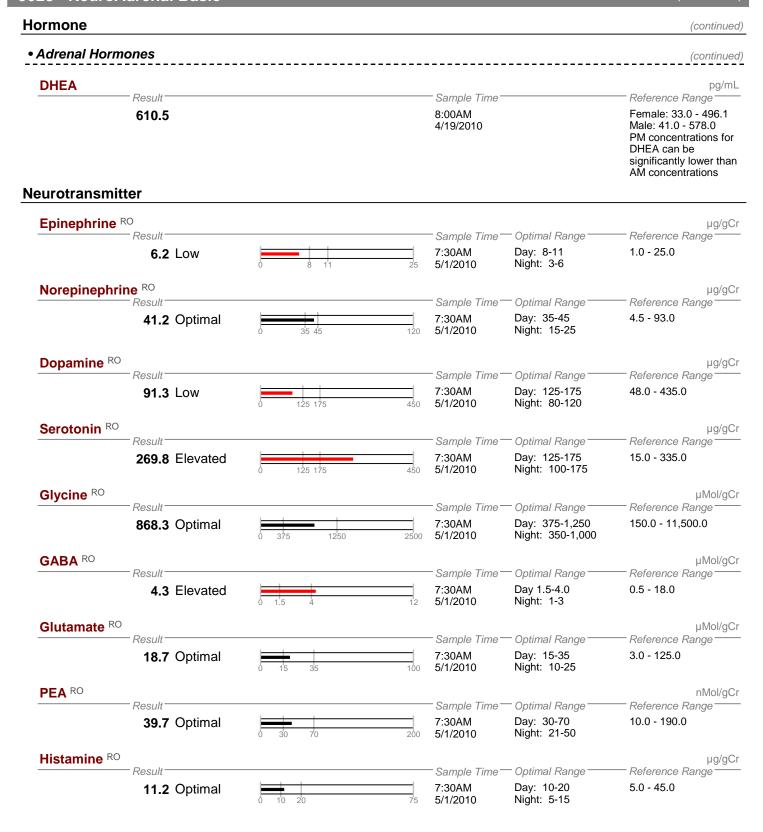
Cortisol ng/mL Result^{*} Sample Time -Optimal Range Reference Range Morning: 8.0-15.0 Midday: 3.0-7.0 8:00AM Morning: 7.0-10 17.2 4/19/2010 Midday: 3.0-6.0 Evening: 2.0-4.0 Evening: 2.0-4.0 Night: <1.5 Night: <1.5 4.4 12:30PM 4/19/2010 5:00PM 2.9 4/19/2010 10:00PM 2.1 4/19/2010 16 14 12-10-8-6-4 2-6:00 AM 8:00 AM 10:00 AM 12:00 PM 2:00 FM 4:00 PM 6:00 PM 8:00 PM 10:00 PM 4/19/10 4/19/10 4/19/10 4/19/10 4/19/10 4/19/10 4/19/10 4/19/10 4/19/10

Note: Gray line(s), if present, indicate optimal value(s)/range

Chart: Cortisol Results of Report 413546

9028 - NeuroAdrenal Basic

(continued)



9028 - NeuroAdrenal Basic (continued) Neurotransmitter (continued)

 Creatinine
 mg/dL

 Result
 Sample Time
 Reference Range

 108.3
 7:30AM
 28.0 - 259.0

 5/1/2010
 5/1/2010

Recommendations by NeuroScience, Inc.

Important Notes

Important Laboratory Update

Coinciding with the introduction of new laboratory methodologies, reference ranges have been revised based on laboratory validation for the following hormones: Estradiol, Estriol, DHEA, Progesterone and Testosterone. This change is effective for samples received on or after April 14th, 2010. For your convenience, NeuroScience will include both the previous and revised ranges for all retests. Reference ranges are subject to regular reviews.

Customized Recommendation

• Phase 1: Weeks 1-4		
Calm-PRT	3-4 capsules 30 minutes prior to morning meal.	
Kavinace	1-2 capsules at bedtime.	
• Phase 2: Week 5 on		
AdreCor	1-3 capsules 30 minutes prior to morning meal and 1-3 capsules 30 minutes prior to noon meal.	
Kavinace	1-2 capsules at bedtime.	

Physician Information

• Phase 1: Weeks 1-4

This recommendation includes an extended Phase 1, which is generally suggested for individuals who may need more calming support before catecholamine support is introduced.

Phase 1 is the first step in balancing the Neuro-Endocrine-Immune (NEI) Connection® and may not target all neurotransmitters. Products recommended in Phase 1 are generally calming and commonly provide support for the serotonergic and GABAergic systems. The addition of catecholamine support too early may result in overstimulation and therefore is only suggested during Phase 1 when symptoms of fatigue are present. During phase 1, improvements in anxiousness, mood, over-stimulation, behavior, and sleep may be observed. Side effects are generally mild, and may include: nausea, vomiting, GI upset or anxiousness. Most common side effects typically subside with continued product use, lowering of doses, or when products are taken with food.

• Phase 2: Week 5 on

Phase 2 introduces complete catecholamine support to promote energy, elevate mood, and improve concentration and focus. Phase 2 generally continues until neurotransmitter levels have been optimized and symptoms are improved. During this phase, doses may be adjusted, and a retest is recommended to achieve optimal results. The duration of Phase 2 is variable, with a minimum length of 3-months, and is dependent upon individual responses. Some individuals may require long-term maintenance dosing, which can be determined upon retesting.

Retesting

Retesting may be performed sooner and more frequently at the onset of intervention to modify protocols and address an individual's symptoms. In general, the first retest is recommended to be performed 4-6 weeks after the onset of clinical intervention, or sooner if symptom relief is unsatisfactory. Regular annual reassessment is frequently done to monitor NEI Connection[®] status.

Product Information

• Calm-PRT

Calm-PRT is a unique formulation designed to reduce stress and restore proper communication within the hypothalamic-pituitary-adrenal (HPA) axis. It is designed to reduce adrenal medulla release of catecholamines and support cortisol receptor sensitization.

Calm-PRT is used to promote sleep, reduce excitability and re-establish a healthy HPA axis. It is frequently recommended for patients with elevated levels of norepinephrine, epinephrine, and cortisol.

Key Ingredients:

- Rhodiola rosea extract (standardized to ≥15% rosavins) in high concentrations reduces adrenal release
 of the catecholamines epinephrine and norepinephrine. Rhodiola rosea is considered an "adaptogenic"
 herb, which means it supports both, high and low activity of the adrenal gland. Calm-PRT is reliable in
 addressing excessive activity of the adrenal glands when used in the proper amount.
- SerinAid® 50P contains phosphatidylserine-enriched soy lecithin. Phosphatidylserine is a major phospholipid in the brain and is involved in many aspects of cellular membrane function. Studies have shown that phosphatidylserine is capable of restoring cortisol receptor sensitivity, thereby restoring proper communication within the hypothalamic-pituitary-adrenal axis.

Due to the concentration of *Rhodiola rosea* per capsule, Calm-PRT may be stimulating if used at lower-than-recommended doses. Suggested Dosing: adults = 3-4 capsules; children = 2-3 capsules.

Calm-PRT is available in vegetable capsules in both 60-count and 120-count bottles.

Kavinace

Kavinace is recommended to support GABA function. It is uniquely designed to enhance GABA_A and GABA_B receptor function, as well as promote GABA levels.

Kavinace is used to promote sleep, reduce anxiousness, and support healthy levels of GABA. It is also frequently recommended for patients with elevated levels of glutamate and PEA, and may be beneficial in some individuals with elevated epinephrine and norepinephrine.

Key Ingredients:

- Taurine is a GABA_A receptor agonist
- 4-amino-3-phenylbutyric acid is a GABA_B receptor agonist and PEA antagonist

Unlike traditional GABA supplementation, 4-amino-3-phenylbutyric acid easily crosses the blood-brain barrier. Kavinace is available in vegetable capsules in a 60-count bottle.

AdreCor

AdreCor is recommended to support adrenal gland function. It is uniquely designed to enhance adrenal production of epinephrine, norepinephrine, and cortisol.

AdreCor is used to promote energy, improve concentration, and reduce fatigue. It is frequently recommended for patients with low levels of epinephrine, norepinephrine, and cortisol.

Key Ingredients:

- Rhodiola rosea extract (standardized to ≥15% rosavins) in low concentrations stimulates norepinephrine and epinephrine release
- *N*-acetyltyrosine enhances norepinephrine production
- L-methionine supports methylation pathways, which facilitate the conversion of norepinephrine to epinephrine
- Vitamins B and C support adrenal gland function including cortisol production

AdreCor is available in vegetable capsules in a 180-count bottle.