

# Neurogistics Testing: Frequently Asked Questions

## **Neurotransmitter test information**

The Neurotransmitter tests are for screening purposes. The laboratory that we use is CLIA approved, CAP accredited and FDA registered (with appropriate certifications abroad). The collection devices are stable under varying temperatures and conditions, and are approved for testing neurotransmitters.

The urinary excretion of these neurotransmitters do not provide a direct measure of the those in the brain, however they do show what is happening in the central nervous system as a whole, which correlates to brain function. Neurotransmitters produced in the brain, cross the blood-brain barrier where they enter the blood, some are made in the gut (95% serotonin), and by other tissues. These neurotransmitters are then filtered by the kidneys and excreted in urine. Neurotransmitter excretion reflects overall neurotransmitter health, which can contribute to mood-related issues.

Urinary neurotransmitter testing has been in use in Europe for many years, but has only recently become available in the US. The company we use for processing these tests has partnered with the German biochemist Dr. Bernhard Manz, PhD, and his partnering laboratories utilizing the same science and technology as his German lab, LDN. Dr. Manz was the pioneer who first established the optimal reference ranges for urinary neurotransmitter levels that all the NT testing companies use today. After processing over 30,000 samples using several different labs, we have not found another lab with the reliability that Dr. Manz provides.

## **Do you accept insurance?**

Neurogistics is a nutritional program and not a healthcare program, so it is not covered by health insurance. Health insurance does not cover neurotransmitter lab testing, whether it is prescribed by a physician or recommended by a neurotherapist.

## **Why do you test saliva, blood, stool and urine?**

With each test Neurogistics offers, we have worked to determine the best testing modality for each parameter tested. In some cases, such as cortisol and testosterone, saliva provides the most efficient reporting method. While stool is necessary when assessing gut health. Urine provides the most accurate information regarding neurotransmitter excretion. Blood is necessary when testing HbA1c and vitamin D.

## **Are there medications that could interfere with my test?**

Yes. Each test kit has collection instructions that are unique to that kit. It's important to read collection instructions on your kit front to back before testing. We actually recommend that you take the time to read these instructions the day before you test. There are many things you'll want to take into consideration prior to collecting your sample.

## **Will my test results compare with those taken through my doctor?**

Lab results will be comparable. However, when testing bodily fluids (blood, urine) there will be variations. Reference ranges vary from laboratory and modality based on rigorous quality control standards within each lab. Of course, testing with any method whether it is done at a lab (venipuncture) or at home (with finger stick or dry urine collection) will be comparable. Even if you

took your blood by venipuncture multiple times in a row, it would not be exact. Many times we are looking at ratios to determine your nutritional needs.

### **Is it okay to test if I'm pregnant?**

Always check with your physician before starting anything new. It is equally important that your practitioner also be made aware of any conditions, including pregnancy. Testing while pregnant is perfectly okay.

### **Can I take the supplements if I'm pregnant?**

Always check with your physician before starting anything new, but we provide all-natural products that in the majority of cases can be taken while pregnant or nursing. That said, always refer to physician in regard to taking supplements while nursing or pregnant. It is equally important that the Neurologistics team also be made aware of any conditions, including pregnancy.

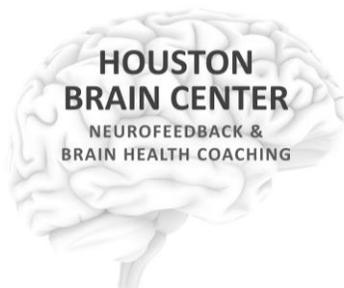
### **Sometimes my supplements are different colors. Why is that?**

Some color variation from lot to lot is both normal and to be expected. That said, we always triple test our supplements and supplement blends with a third-party to ensure that our ingredients are always consistent for efficacy and purity - no exceptions.

### **How can I be sure your supplements work?**

We provide the best quality supplements with the highest grade ingredients to make sure you are given the best possible solutions for your health and wellness needs. Our supplements meet or exceed strict cGMP, NSF, Kosher certified quality standards in FDA regulated manufacturing facilities. For more information on our supplements please visit our lab/supplement partner's webpage, link below.

<https://www.neurologistics.com/products/neurotransmitter-testing>



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