

Cortisol Levels

This test measures key neurotransmitters in the body, such as serotonin, dopamine, GABA, and norepinephrine, which play critical roles in mood, sleep, focus, and stress response. Imbalances in these chemicals can contribute to anxiety, depression, fatigue, and cognitive challenges. Understanding your neurotransmitter profile helps guide personalized strategies for mental wellness, sleep support, and overall brain health.