

Neurotransmitter - Interpreting the Questionnaire

Group	NeurotransmitterType	Supplement With	Dosage	Cautions
I	Opioids	DL-Phenylalanine (may add L-Glutamine)	1000 - 4000 mg twice daily (*500 mg twice daily) Both on empty stomach	May increase blood pressure; caution with hypertensives. May induce tachycardia and agitation. Don't take after 3 PM.
II	GABA	GABA or L-Theonine Taurine B6 Mg	500 – 1000 mg or *100 – 200 mg 2–4 times daily/empty stomach	GABA may cause flushing or burning sensation in the stomach.
III	Dopamine	L-Phenylalanine Tyrosine	1000 – 4000 mg twice daily (*500 mg twice daily) Both on empty stomach	May increase blood pressure; caution with hypertensives. May induce tachycardia and agitation. Don't take after 3 PM.
IV	Norepinephrine	L-Phenylalanine or SAM-e	See L-Phen dose above. *200 – 1200 mg taken in the AM, empty stomach	See L-Phen cautions above.
V	Serotonin	L-Tryptophan or 5-HTP Folate	Take 50 – 200 mg at bedtime with 4 oz juice	If insomnia results, take throughout the day and not at night. Take with B-Complex.