



Hyposerotonergic™ conditions occur when serotonin concentrations are not enough, low, inadequate, depleted, deficient, or suboptimal on a modified normal diet.™

Hypodopaminergic™ conditions occur when dopamine concentrations are not enough, low, inadequate, depleted, deficient, or suboptimal on a modified normal diet.™

Hypoglutathionemia™ conditions occur when glutathione concentrations are not enough, low, inadequate, depleted, deficient, or suboptimal on a modified normal diet.™

- Giving only *serotonin precursors* can deplete dopamine and glutathione.™
- Giving only *dopamine precursors* can deplete dopamine and glutathione.™
- Giving only *glutathione or glutathione precursors* can deplete serotonin and dopamine.™

The centrally acting monoamines (monoamines) are serotonin, dopamine, norepinephrine, and epinephrine.

"We pointed out that the observed selective attention deficit was associated with dopamine depletion at the caudate level." Cammisuli DM, et al. Mild Cognitive Impairment in de novo

Parkinson's Disease: Selective Attention Deficit as Early Sign of Neurocognitive Decay. *Front. Psychol.* 12:546476. doi: 10.3389 / fpsyg.2021.546476

"Attention Deficit Hyperactivity Disorder has been associated with dysfunction in dopaminergic, and possibly, noradrenergic cortico-subcortical networks related to executive functioning and the regulation of behavior." *Applied Psychophysiology and Biofeedback*, Vol. 30, No. 4, December 2005

"In terms of understanding molecular mechanisms involved in human ADHD, the hypodopaminergic hypothesis, as observed in addictive disorders, is predictive of associated ADHD behaviors in humans." Gold, et al. Low Dopamine Function in Attention Deficit/Hyperactivity Disorder: Should Genotyping Signify Early Diagnosis in Children? *Postgrad Med.* 2014 January ; 126(1): 153-177.

"A leading pathophysiologic hypothesis of attention-deficit/hyperactivity disorder (ADHD) is based on the notion of a catecholamine [CA; norepinephrine (NE), epinephrine (EPI), and dopamine (DA)] dysfunction. This hypothesis suggests that the CA response to environmental stimuli is attenuated in ADHD." Wigal, S. et al. Catecholamine Response to Exercise in Children with Attention Deficit Hyperactivity Disorder, *Pediatric Research* 53, 756-761 (2003)

Hyposerotonergic / Hypodopaminergic Condition Protocol™

| | | AM | NOON | 4 pm |
|--|---------|-------|-------|------------|
| Day-0 | Level 1 | 3 R&R | --- | 3 R&R |
| Day-7 | Level 2 | 3 R&R | 3 R&R | 2 R&R Sans |
| Day-14 | Level 3 | 3 R&R | 3 R&R | 4 R&R Sans |
| Day-21 - If symptoms are still present after seven days on level 3 submit a specimen for serotonin and dopamine assay to DBS Labs, 1-877-476-7229 | | | | |



Figure 1: Dosing levels 1-3 of the hyposerotonergic condition protocol do not require lab testing. Do not increase to level 4 through level 9 without first obtaining a serotonin and dopamine assay. Only increase to the next level if symptoms are present after seven days.