

Mood Balance and Focus

Cortisol

Description: Measures cortisol levels in the blood to evaluate adrenal gland function and the body's response to stress.

Why it's important: Cortisol is the body's primary stress hormone. Chronically elevated or imbalanced cortisol levels can affect mood, memory, focus, sleep, and emotional well-being. Testing cortisol provides valuable insight into how stress may be impacting mental health and overall hormone balance.

Magnesium

Description: Measures blood magnesium levels to assess nerve function, muscle function, and overall metabolic health.

Why it's important: Magnesium plays a critical role in brain and nervous system function. Low levels have been associated with anxiety, depression, poor sleep, and increased sensitivity to stress. Adequate magnesium supports relaxation, emotional balance, and healthy cognitive function.

Vitamin E (Alpha, Beta & Gamma Tocopherols)

Description: Measures blood levels of the major forms of vitamin E, an antioxidant that helps protect cells from oxidative damage.

Why it's important: Vitamin E helps protect brain cells from oxidative stress and inflammation, both of which have been linked to depression, anxiety, cognitive decline, and age-related changes in brain function. Healthy vitamin E levels support long-term brain health and mental wellness.

Vitamin B12 & Folate

Description: Measures blood levels of vitamin B12 and folate, two essential B vitamins involved in nervous system function and neurotransmitter production.

Why it's important: Vitamin B12 and folate are essential for producing neurotransmitters such as serotonin, dopamine, and norepinephrine that regulate mood, motivation, and focus. Deficiencies may contribute to fatigue, brain fog, poor concentration, irritability, anxiety, depression, and memory problems. Maintaining optimal levels supports healthy cognitive function and emotional well-being.



American Screening Association, Inc.
asahealthylife.com
amscreening@msn.com
800 686 3035