

NEUROTRANSMITTERS REFERENCE GUIDE

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DOPAMINE

Primarily excitatory

Dopamine give you feelings of pleasure, satisfaction and motivation. Also has a role to play in controlling memory, mood, sleep, concentration, and other body functions.

Disorders with excess Dopamine :

- Schizophrenia
- Bipolar Disorder
- Addiction
- Movement disorders
 - Huntington's Disease
- Impulsive and risky behaviors
 - ADHD

Disorders with Dopamine deficiency :

- Parkinson's Disease
- Depression
- Schizophrenia
- ADHD
- Restless Legs Syndrome



ACETYLCHOLINE

Primarily
excitatory

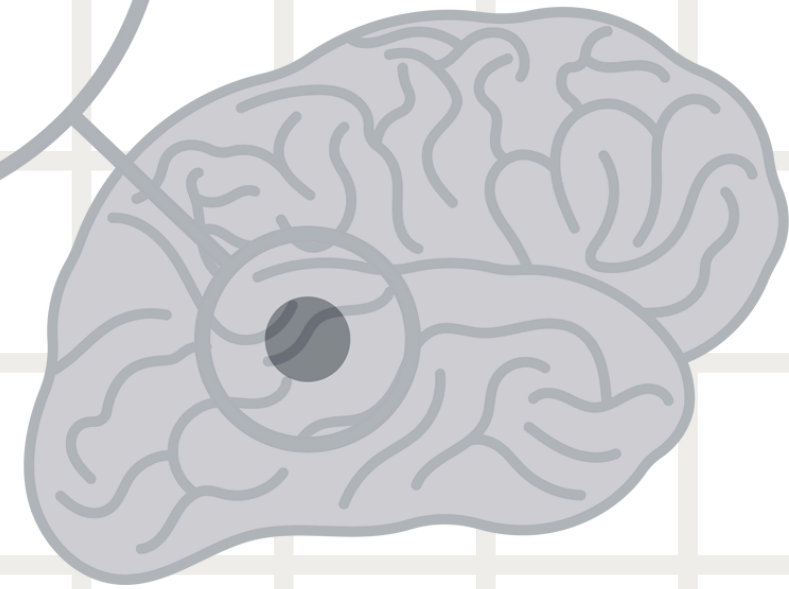
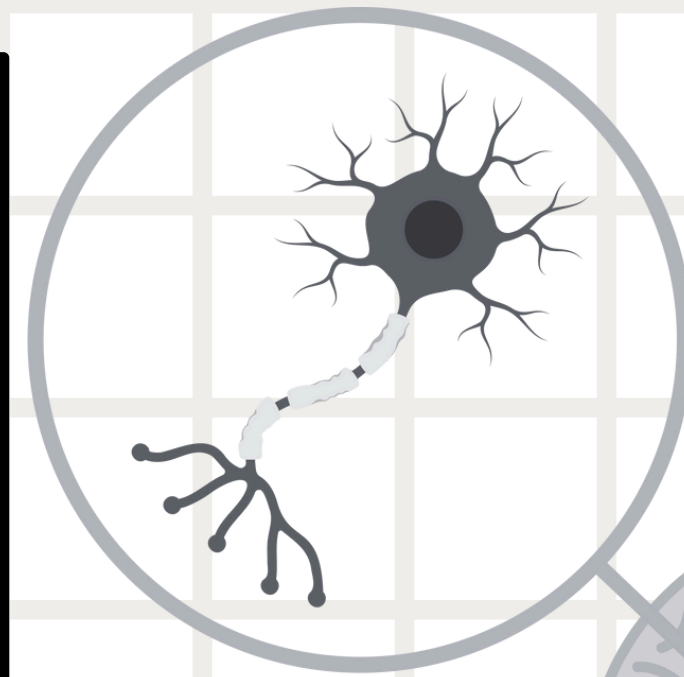
Acetylcholine is a neurotransmitter that plays a role in memory, learning, attention, arousal and involuntary muscle movement.

Disorders with excess Acetylcholine :

- Cholinergic crisis

Disorders with Acetylcholine deficiency :

- Alzheimer's Disease
- Myasthenia Gravis
- Parkinson's Disease
- Dementia





NOREPINEPHRINE



Primarily
excitatory

Increases alertness, arousal and attention. Constricts blood vessels, which helps maintain blood pressure in times of stress. Affects your sleep-wake cycle, mood and memory.

Disorders with excess Norepinephrine :

- Anxiety Disorders
- PTSD
- Panic Disorder
- Hypertension
- Certain types of tumors
 - Pheochromocytoma

Disorders with Norepinephrine deficiency :

- Depression
- ADHD
- Chronic Fatigue Syndrome
- POTS (Postural Orthostatic
Tachycardia Syndrome)



GABA

Primarily inhibitory

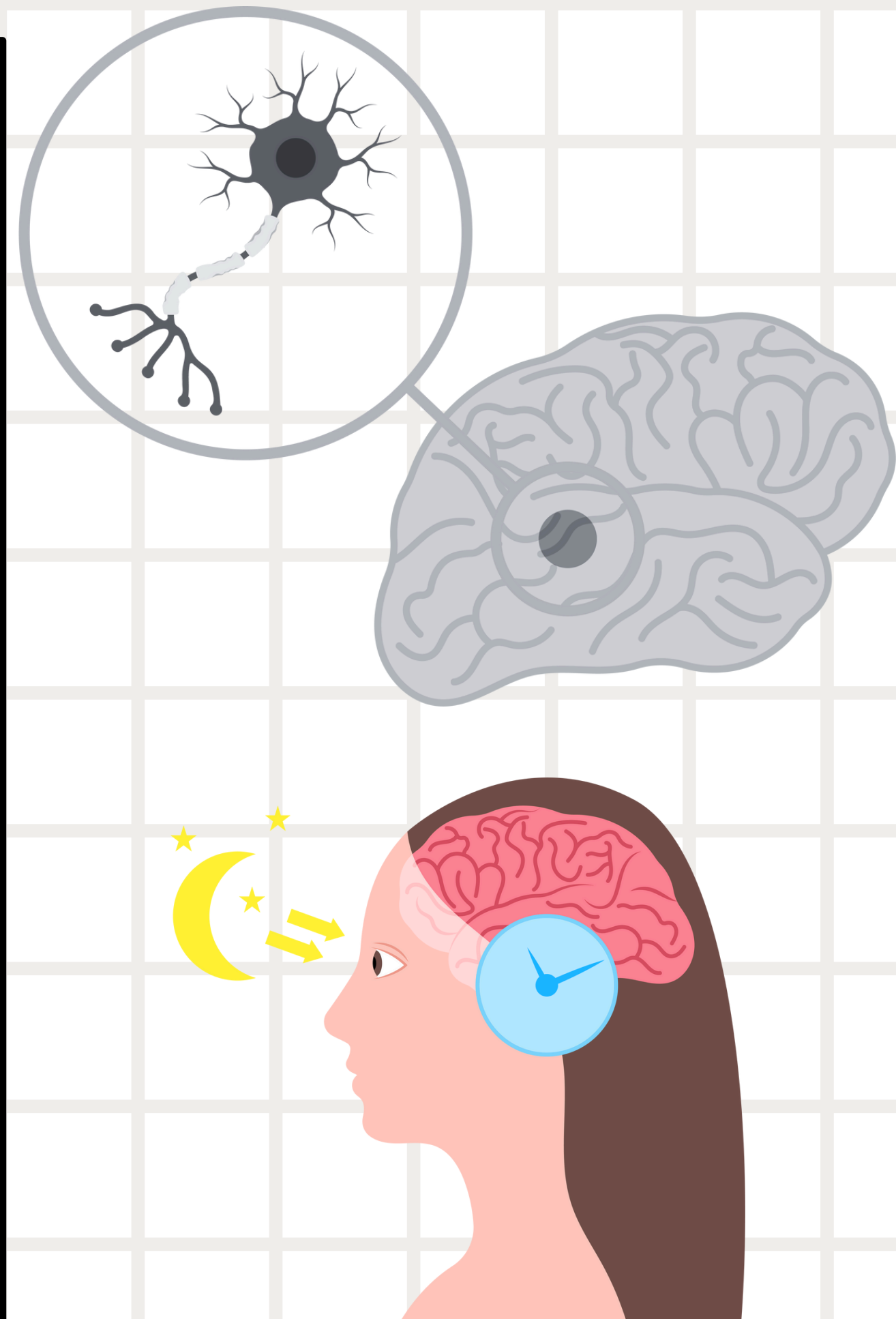
GABA lessens the ability of a nerve cell to receive, create or send chemical messages to other nerve cells. Known for producing a calming effect. It's thought to play a major role in controlling anxiety, stress and fear.

Disorders with excess GABA :

- Drowsiness
- Cognitive Impairment
- Depression
- Certain Neurological Disorders
 - Epilepsy
- Anxiety and mood disorders

Disorders with GABA deficiency :

- Schizophrenia
- Autism spectrum disorder
- Major depressive disorder
- Insomnia
- Chronic Pain Conditions



GLUTAMATE

Primarily excitatory

Provide energy for brain cells, help regulate mood, help control learning and memory, and promote a healthy sleep cycle.

Disorders with excess Glutamate :

- Epilepsy
- Alzheimer's Disease
- Parkinson's Disease
- Anxiety Disorders
- Stroke

Disorders with Glutamate deficiency :

- Schizophrenia
- Major Depressive Disorder
- Bipolar Disorder
- OCD
- Huntington' Disease



SEROTONIN

Primarily inhibitory

You feel more focused and emotionally stable. Helps to regulate anxiety levels. Helps reduce anxiety and gives a greater sense of calm. Also involved in attention, learning, and memory, affecting overall cognitive performance.

Disorders with excess Serotonin :

- Serotonin Syndrome
 - agitation, confusion, rapid heart rate
- OCD
- Anxiety Disorders

Disorders with Serotonin deficiency :

- Depression
- Bipolar Disorder
- Eating Disorders
- PTSD
- Fibromyalgia
 - chronic pain and fatigue

