

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

Hinz Medical Foods / NeuroResearch Centers, Inc.

1150 88th Ave W Duluth, MN 55808 +1-218-626-2220 www.HinzMedicalFoods.com

For the management of hyposerotonergic conditions or states that may accompany

Fibromyalgia

A hyposerotonergic condition or state often accompanies fibromyalgia (see the right column).

After diagnosing a fibromyalgia, formulate a differential diagnosis to rule out accompanying issues, including a hyposerotonergic condition or state.

Identify the presence of a hyposerotonergic condition or state with an empirical trial of the hyposerotonergic condition or state protocol (see below).

Management of the hyposerotonergic condition or state which may accompany the fibromyalgia requires establishing serotonin concentrations higher than are possible with modification of the normal diet.

"Given that serotonin levels play a significant role in the FMS (fibromyalgia syndrome) diagnosis, doctors should request testing for the serum serotonin level in any patient suspected of having FMS."

Amin, O. et al. Clinical association of vitamin D and serotonin levels among patients with fibromyalgia syndrome. *Neuropsychiatric Disease and Treatment* 2019;15 1421-1426

"Consistent with findings in FM (fibromyalgia), in which it has been consistently shown that serum 5-HT levels are decreased compared with those in controls."

Offenbaecher, M. et al. Possible Association of Fibromyalgia with a Polymorphism in the Serotonin Transporter Gene Regulatory Region. *Arthritis and Rheumatism* Vol. 42, No. 11, November 1999, pp 2482-2488

"Low serum levels of both serotonin and its precursor tryptophan appear to prevail in patients with FM (fibromyalgia)."

Sarac, A. et al. *Complementary and Alternative Medical Therapies in Fibromyalgia* Current Pharmaceutical Design, 2006, 12, 47-57

"Support for the serotonin deficiency hypothesis was found when it was observed that PFS (primary fibromyalgia syndrome) patients had a higher density of serotonin reuptake receptors on their circulating platelets, and lower levels of serum serotonin, than did matched controls."

Russell, I. et al. *Arthritis and Rheumatism*, Vol. 35, No. 5 (May 1992)

"Fibromyalgia patients also have reduced blood levels of serotonin and 5-hydroxytryptophan."

Silver, D. et al. *Nutritional Management of Fibromyalgia* Arch Med. 2016, 8:2

"Altered (low) platelet serotonin concentrations were found in patients with different psychiatric and neurological disorders like major depression, subtype of major depression with psychotic symptoms, bipolar disorder, schizophrenia, postpartum depression, posttraumatic stress disorders (PTSD) with comorbid depression, PTSD with psychotic symptoms, alcoholism, attention-deficit/hyperactivity disorder (ADHD) with impulsive symptoms, migraine, and Alzheimer's disease."

Muck-Seler, D. et al. *Serotonin*, Periodicum Biologorum VOL. 113, No 1, 29-41, 2011



Hyposerotonergic 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 increase to level 4 through level 9 without first obtaining a serotonin and dopamine assay. Only increase to the next level if symptoms are still present after seven days.



Hinz Medical Foods™ For the management of Drug-induced hyposerotonergic conditions



Recommended daily starting dose:
two tablets, three times a day
To be used under the supervision of a licensed caregiver

THE PROBLEM - SSRI-induced serotonin depletion

Platelets contain 99% of whole blood serotonin¹

Medical science literature documents the magnitude of SSRI-induced serotonin depletion:

- SSRIs may deplete™ 80% of platelet serotonin in two weeks²
- SSRIs may deplete 90% of platelet serotonin in three weeks³
- Eventually, lab assay of platelet serotonin may become undetectable⁴

For a more in-depth depletion bibliography, go to <https://hinzmedicalfoods.com/bibliography-1/>

Drugs that work with serotonin do not work if there are not enough (depleted) serotonin.™

When SSRIs deplete serotonin, the only way to increase the synthesis of the total number of serotonin molecules in the system is by administering the required nutrients as found in R&R™.

A POTENTIAL SOLUTION - R&R™

R&R™ can achieve serotonin concentrations higher than a modified normal diet alone while addressing the ability of serotonin precursors to deplete dopamine (catecholamines) and glutathione (thiols).

**To order for the clinic, pharmacy, or to authorize online ordering by the patient contact NeuroResearch Centers, Inc. +1-218-626-2220
1150 88th Ave W, Duluth, MN | Brenda@NeuroAssist.com**

R&R is a medical food administered enterally under the supervision of a healthcare professional for the specific dietary management of hyposerotonergic conditions or states.

¹McCloskey, D. et al. Selective Serotonin Reuptake Inhibitors (SSRIs): Measurement of Effect on Platelet Function Transl Res. 2008 March; 151(3): 168-172

²Jordan, S. et al. Serotonergic agents increase the incidence of GI bleeds in patients with continuous-flow left ventricular assist devices J heart and lung tpol 05 Jan 2016, 35(6):823-824

³Wagner, A. et al. Effects of fluoxetine treatment of platelet 3H-imipramine binding, 5-HT uptake and 5-HT content in major depressive disorder, J of Affective Disorders, 20 (1990) 101-113

⁴Mauer-Spurej E. et al. The influence of selective serotonin reuptake inhibitors on human platelet serotonin Thromb Haemost 2004;91:119-28

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The carbidopa-induced vitamin B6 hypovitaminosis condition

Fact #1: Carbidopa depletes vitamin B6. The U.S. Recommended Daily Allowance (USRDA) of vitamin B6 is about 2 mg per day. Carbidopa forms an irreversible bond with vitamin B6 in a 1:1 ratio (one mg of carbidopa will permanently remove one mg of B6). The maximum recommended dosing of carbidopa is 200 mg per day.¹ Administering 200 mg per day may remove one hundred times the B6 USRDA. A 2020 lab study reported 79.2% of patients taking carbidopa for more than three years had a vitamin B6 hypovitaminosis condition (vitamin B6 deficiency). The lab results on almost half of these B6 deficiencies (47.3%) documented no detectable systemic vitamin B6.²

¹ Lodosyn prescribing information: https://www.accessdata.fda.gov/drugsatfda_docs/label/2014/017830s014s016s017s018s019s030lbl.pdf

² Rojo-Sebastián, A. et al. Vitamin B6 Deficiency in Patients With Parkinson Disease Treated With Levodopa/Carbidopa *clinical Neuropharmacology* Vol 43, Number 5, Sep/Oct 2020FDA

Fact #2: Vitamin B6 deficiency increases the death rate (mortality). A ten-year prospective study (N = 134,480) concluded, "...dietary vitamin B6 consumption was inversely associated with risk of all-cause and CVD (cardiovascular disease) mortality."

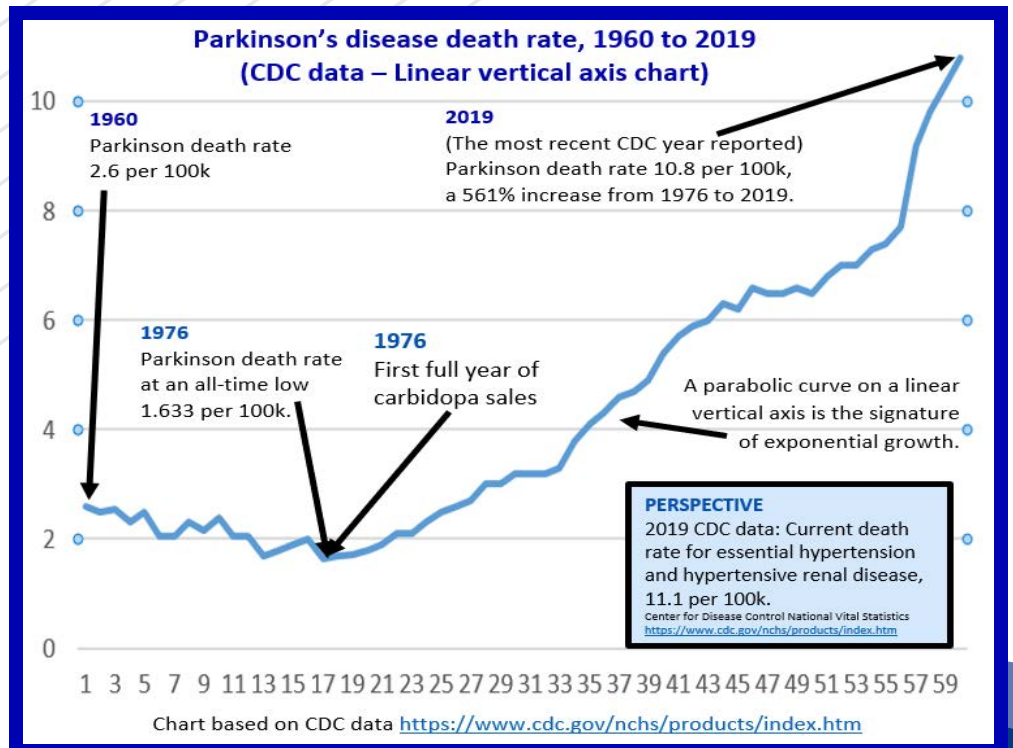
Zhoa, L. et al. Prospective cohort studies of dietary vitamin B6 intake and risk of cause-specific mortality, *Volume 38, Issue 3, June 2019, Pages 1180-1187*

Fact #3: The Parkinson's disease death rate has increased by 561% since carbidopa sales started (1975).

Sales of L-dopa (without carbidopa) began in 1960. Between 1960 and 1976, the Parkinson's disease death rate decreased from 2.6 to 1.633 per 100k. Carbidopa sales started in 1975.

Between 1976 and 2019, the Parkinson's death rate increased from 1.633 to 10.8 per 100k, a 561% increase. Giving B6 to compensate for carbidopa-induced B6 hypovitaminosis condition while taking carbidopa is not an option. Fully compensating for B6 deactivates all active carbidopa in the system.

Center for Disease Control National Vital Statistics Accessed from: <https://www.cdc.gov/nchs/products/index.htm>



TO ORDER FOR THE CLINIC, PHARMACY, OR TO INITIATE PATIENT ONLINE ORDERING CONTACT NEURORESEARCH CENTERS +1-218-626-2220 1150 88TH AVE W, DULUTH, MN | BRENDA@NEUROASSIST.COM

Hinz Medical Foods indicated for management of the hypodopaminergic, hyposerotonergic, or hypoglutathionemia conditions and states.