

## DOPAMINE

- Do you feel less motivated than usual?
- Do you have less interest for your activities than usual?
- Do you tend to become withdrawn?
- Are you less interested in your hobbies?
- Do you contact your friends less often?
- Do you find it difficult to concentrate?
- Do you feel less creative than usual?
- Do you find it difficult to embark on new projects?
- Is your sleep agitated, unrestful or unsatisfactory?
- Do you feel tired?

## NORADRENALIN

- Do you feel depressed?
- Do you feel down?
- Do you feel slowing down?
- Do you feel less desire?
- Do you find it difficult to take pleasure in activities?
- Do you feel you have less sexual appetite?
- Do you find it difficult to remember things?
- Do you find it difficult to learn things?
- Do you feel unloved?
- Do you suffer from psychological fatigue?

## SEROTONIN

- Do you feel irritable?
- Do you feel impatient?
- Do you find it difficult to deal with daily constraints?
- Do you feel aggressive?
- Do you feel misunderstood?
- Do you crave sugar in the evening?
- Do you feel dependant on repetitive activities?  
(tabacco, alcohol, snacking, intensive sport)
- Do you have difficulties falling asleep?
- Do you feel vulnerable to stress?
- Do you think you suffer from mood swings?

0 1 2 3



TOTAL =

TOTAL =

TOTAL =

TOTAL D. N. S. SCORE =

# The D.N.S. scale: What about the status of my neuromediators?

Score D, Score N and score S are probability scores to hypofunctioning in each of the three categories:

D : Dopamine,  
N : Noradrenalin,  
S : Serotonin.

Nutritional adjustments to be made with regard to score S are the most important.

### Interpretation of results:

between 10 and 14: average score  
between 15 and 19: high score  
between 20 and 30: very high score

### ADDITIONAL INFORMATION

Surname: .....

First name: .....

Tel: ..... E-mail: .....

Date of birth: .....

Height: .....

Weight: .....

Profession: .....

No. of hours of physical exercise per week: .....  
.....

YDNSANGLAIS - RV01

IEDM

## The D.N.S. scale:

What about the status of my neuromediators?

Work out your D.N.S. score...



Please answer the questions using the following scoring system:

0 = missing symptom

1 = moderate symptom

2 = annoying symptom

3 = very annoying symptom

Show this D.N.S. to your micronutritionist

