

# The Gut-Brain Axis Bundle

*One bundle. Two lenses. One clear plan.*



The Gut-Brain Axis Bundle brings everything together for integrative and functional providers. It unites gut mechanisms and neurochemical mediators in one workflow, pairing **Gut Zoomer** with the **Neurotransmitters Panel**, so you can see microbiome balance, barrier and inflammation status, digestion, metabolites, and inhibitory/excitatory tone in a single view. It streamlines interpretation into a single care story, reducing trial-and-error and aligning gut repair with timed neurochemical support. Trendable markers across both reports make progress visible, strengthen adherence, and help you adjust quickly, all in a discounted bundle.

## GI Drivers of the Gut-Brain Axis

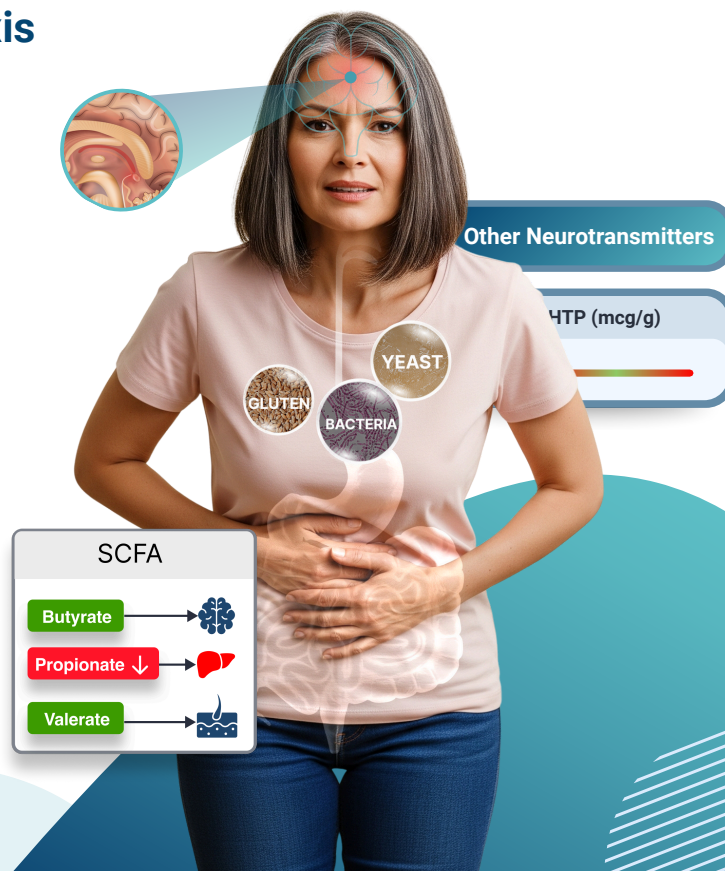
*The gut-side mechanisms that set inhibitory/excitatory tone.*

- **Microbes make messengers:** The gut microbiome shapes serotonin production and influences GABA/dopamine precursors, anchoring the gut-brain signaling loop.
- **SCFAs as signalers:** Butyrate and other SCFAs support tight junctions and vagal communication, patterns associated with steadier inhibitory tone.
- **Barrier → brain:** Permeability and mucosal inflammation increase cytokine traffic that can divert tryptophan → kynurenine/quinolinic acid, shifting mood and cognitive tone.
- **Detox & neuroendocrine crosstalk:** Bile-acid balance and  $\beta$ -glucuronidase activity influence hormone recirculation and neuroinflammatory tone, often mirrored in drive, focus, and clarity.

## Neuro Mediators of the Gut-Brain Axis

*Key neurochemical signals at a glance*

- **Inhibitory tone:** Serotonin/GABA patterns are associated with calm, sleep quality, and stress buffering, often shifting with gut-driven inflammation and nutrient status.
- **Excitatory drive:** Dopamine, norepinephrine, epinephrine, glutamate, histamine shape motivation, focus, and arousal; skewed balance can mirror barrier stress or dysbiosis.
- **Circadian stress:** A four-point diurnal NE/Epi profile differentiates hyperarousal from flattened tone and informs timing of calming vs. activating strategies.
- **Tryptophan routing:** Quinolinic acid/5-HIAA reflects diversion of tryptophan away from serotonin toward kynurenine pathways under inflammatory signals—relevant to mood and cognitive clarity.



## The Perfect Synergy

*Why the bundle is the right order of care*

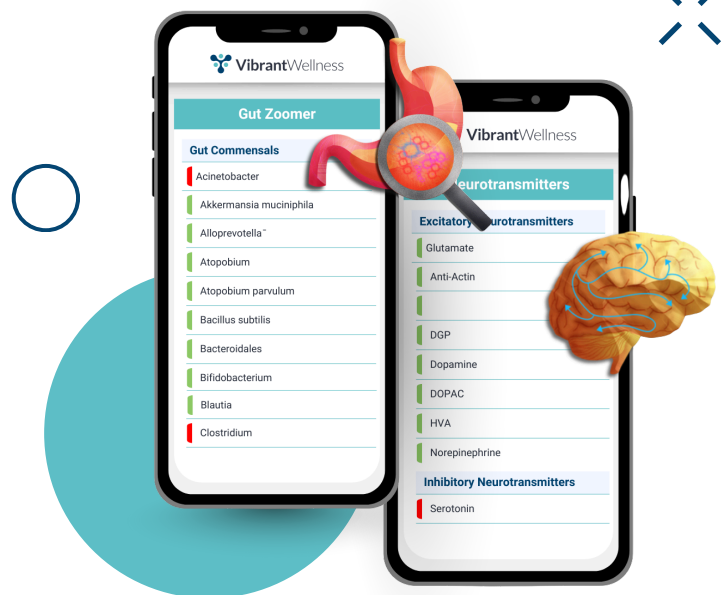
Run together, Gut Zoomer and the Neurotransmitters Panel replace guesswork with a single, ordered narrative, showing why symptoms persist, what to do first, and when to adjust. The bundle turns scattered findings into a mechanism-to-mediator map you can act on, with trendable markers to prove progress.

- **Mechanisms → Mediators:** Connect Gut Zoomer signals (SCFAs, barrier/inflammation, digestion) with Neurotransmitters patterns (tone, turnover, timing) for context that makes flags actionable.
- **Sequenced Care:** Prioritize barrier → ecosystem/SCFAs → digestion/cofactors → tone, reducing trial-and-error and preventing mis-sequencing.
- **Timing & Personalization:** Use diurnal catecholamines to decide when to bias calming vs. activation while gut repair progresses.
- **One Story, Measurable Change:** Trend SCFAs/diversity, calprotectin/zonulin, and NT ratios/diurnal curves to confirm direction and keep patients engaged.

## Who Benefits

*When the gut-brain story needs both pages*

- **“Tired-and-Wired” Sleeper:** Anxiety features with non-restorative sleep and afternoon/evening spikes; mixed GI history.
- **Brain Fog + Low Drive Performer:** Persistent brain fog and motivation dips alongside digestion/regularity issues or food reactivity.
- **Stress-Reactive Focus Drifter:** Irritability, focus lability, and energy swings under stress; symptoms out of proportion to routine labs.
- **Post-Infection Reset:** New mood/sleep/focus changes after illness, travel, antibiotics, or high-stress events—relapsing despite basic GI care.



## Available Now in Your Provider Portal

Order the Gut-Brain Axis Bundle today to deliver a compelling, single-story readout of the gut-brain axis and capture the bundle savings while giving patients a clearer, mechanism-driven plan.



Gut Zoomer  
Sample Report



Neurotransmitter  
Sample Report



### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

These tests are not available in NY State.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations.