

**Ongoing fatigue and burnout symptoms may be associated with alterations in the body's stress-response system. Assessment of cortisol, DHEA, melatonin and key catecholamines such as adrenaline, noradrenaline, dopamine, and serotonin, together with clinical evaluation, can aid in understanding adrenal and stress-related function.**

## **Burnout markers reveal the body's response to prolonged stress.**

Burnout is linked to dysregulation of stress-related hormones and neurotransmitters, reflecting the body's response to prolonged psychological and physiological stress. A significant proportion of individuals experience burnout at some stage in life, highlighting its widespread impact. Assessing key biomarkers can offer valuable insight into the underlying physiological processes that may contribute to reported symptoms.

Laboratory testing—conducted under a physician's guidance—can measure markers such as cortisol patterns, melatonin, serotonin, noradrenaline, and adrenaline. These markers can be considered as biomarkers for burnout (Kuzmin et al., 2024; Ungur et al., 2025). Results are reported with established reference ranges to support interpretation by qualified healthcare professionals.

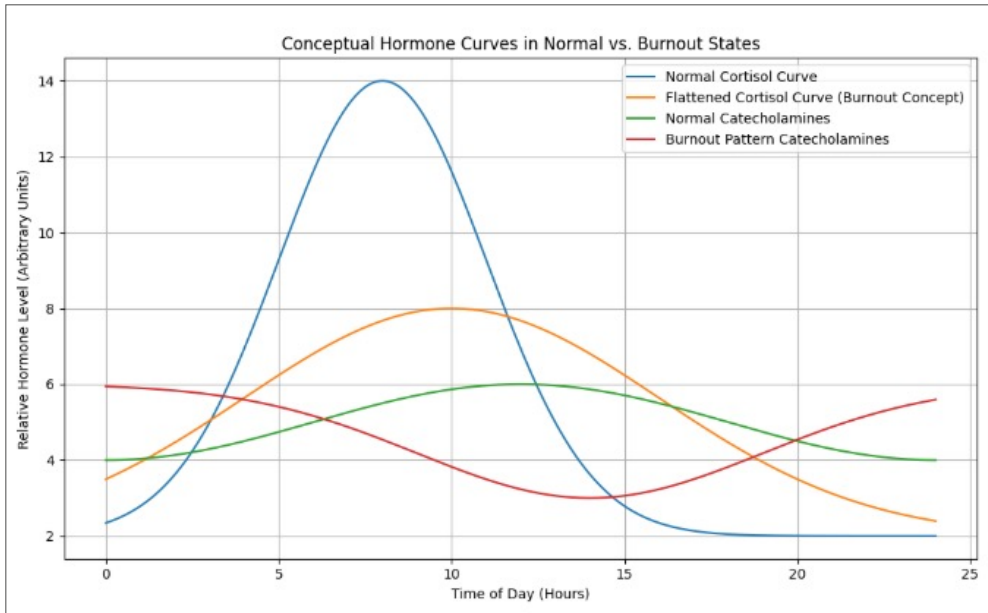
### **Products**

<b>RE52611</b>	Cortisol Saliva ELISA (4x for daily Profile)
<b>RE52651</b>	DHEA Saliva ELISA
<b>RE59121</b>	Serotonin ELISA
<b>RE59395</b>	TriCat ELISA (Dopamin, Noradrenalin, Adrenalin)
<b>RE54041</b>	Melatonin Saliva ELISA

### **References**

Kuzmin MYu, Sholokhov LF, Akhmedzyanova MR. Biomarkers of burnout and their relationship with psychological characteristics. *Russian Open Medical Journal*. 2024;13:e0402. DOI:10.15275/rusomj.2024.0402.

Ungur, A. P., Socaciu, A. I., Barsan, M., Rajnoveanu, A. G., Ionut, R., Socaciu, C., & Procopciuc, L. M. (2025). Urine Metabolomic Patterns to Discriminate the Burnout Levels and Night-Shift-Related Stress in Healthcare Professionals. *Metabolites*, 15(4), 273.



**Figure 1:** Illustration of normal versus burnout/adrenal-fatigue-associated diurnal patterns of cortisol and catecholamines. Burnout profiles show flattened rhythms and altered hormonal dynamics.

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