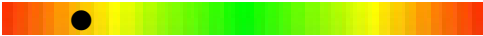












INTEGRATIVE MEDICINE

BLOOD SPOT

NAD/NADH Profile

	Result	Range	Units	
NAD (NAD+)	24.0	23.0 - 40.0	nmol/ml	
NADH	2.40	1.0 - 4.0	nmol/ml	
NADPH	14.8	10.00 - 25.00	nmol/ml	
NADP	7.00	5.0 - 15.0	nmol/ml	
Nicotinamide (NAM)	3.96	0.60 - 5.80	nmol/ml	
Nicotinic Acid (NA)	0.77	0.06 - 1.04	nmol/ml	
NAD/NADH Ratio	10.0	1.00 - 30.00	RATIO	
NADP/NADPH Ratio	0.5	0.5 - 4.0	RATIO	
NAD/NADP Index	340.0	> 130.0		
NAD Comment				

NADP/NADPH RATIO LOW:

The redox theory of aging suggests that lifespan is regulated by redox changes, including alterations in the NADP+/NADPH ratios. Manipulations that lead to a reduction of the NADP+/NADPH in the cytoplasm are especially linked with increased longevity.

NAD/NADP INDEX ELEVATED:

A niacin number (the ratio of NAD to NADP concentrations in whole blood x 100) below 130 suggests niacin deficiency.

Consider:

Cease/decrease niacin/nicotinic acid supplement if ratio is >130.