



NAD TESTING - Test Code 1601



Turnaround Time: 10 business days



Specimen Type: Blood Spot

Description

Nicotinamide adenine dinucleotide (NAD⁺) is a vital molecule that helps regulate many essential biological processes (Xie et al, 2020). It plays a crucial role in energy production, cellular repair, and maintaining overall health (Xie et al, 2020). NAD⁺ enables cells to adapt to environmental changes such as fluctuations in nutrients, exposure to toxins, stress, inflammation, and infections (Xie et al, 2020).

A persistent imbalance in NAD⁺ levels can lead to various health issues. Low NAD⁺ levels have been linked to metabolic disorders, neurodegenerative diseases, ageing-related decline and even certain cancers (Xie et al, 2020). Insufficient NAD⁺ may impair cellular communication and disrupt normal physiological functions, contributing to disease progression (Xie et al, 2020).

Research is actively exploring ways to restore NAD⁺ balance to improve health and potentially prevent or manage these conditions (Xie et al, 2020). Strategies such as dietary changes, supplementation and lifestyle modifications may help boost NAD⁺ levels, supporting overall well-being.

Understanding NAD⁺ and its functions highlights its significance in maintaining cellular health and offers potential avenues for therapeutic interventions in various diseases.

Whats included?

- NAD⁺
- NADH
- NADPH
- NADP
- NAM
- NA
- NAD⁺/NADH Ratio
- NADP/NADPH Ratio
- NAD/NADP Index

Conditions and Symptoms

- Fatigue or low energy
- Anti-ageing and longevity support
- Metabolic or mitochondrial disorders
- Enhance detoxification and antioxidant systems
- Athletes or high performers looking to optimise energy production and recovery

Complementary Testing

- Organic Acid Metabolomic Mapping (Test Code 4041)
- NutriSTAT (Test Code 5005)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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For more information
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*See NATA and CLIA website for further details