

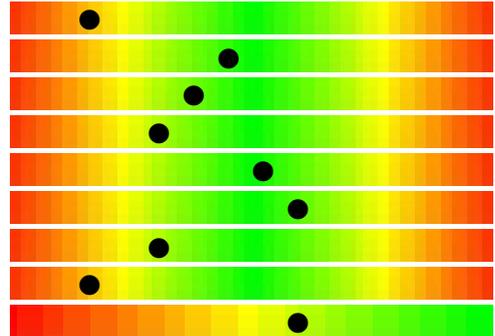


INTEGRATIVE MEDICINE

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.

NADP/NADPH比低値:

老化のRedox (酸化還元) 理論では、寿命がNADP+/NADPH比の変化を含む、酸化還元反応の変化によって制御されていることが示唆されています。細胞質内のNADP+/NADPHの減少に繋がる操作は、特に長寿と関連しています。

NAD/NADP指数高値:

ナイアシン数 (全血中のNADとNADP濃度比x100) が130未満の場合、ナイアシン欠乏症が疑われます。

次のことを検討してください:

比率が130を超える場合は、ナイアシン/ニコチン酸サプリメントの減量または中止。