



* US BioTek US BioTek. 16020 Linden Av N, Shoreline WA 98133

Lab ID
Patient ID
Ext ID

Test Patient

RECEIVED
18-Mar-26

NAD/NADH PROFILE

Specimen type - Bloodspot

Collected

15-Mar-26

Legend

Not Tested

Within Range

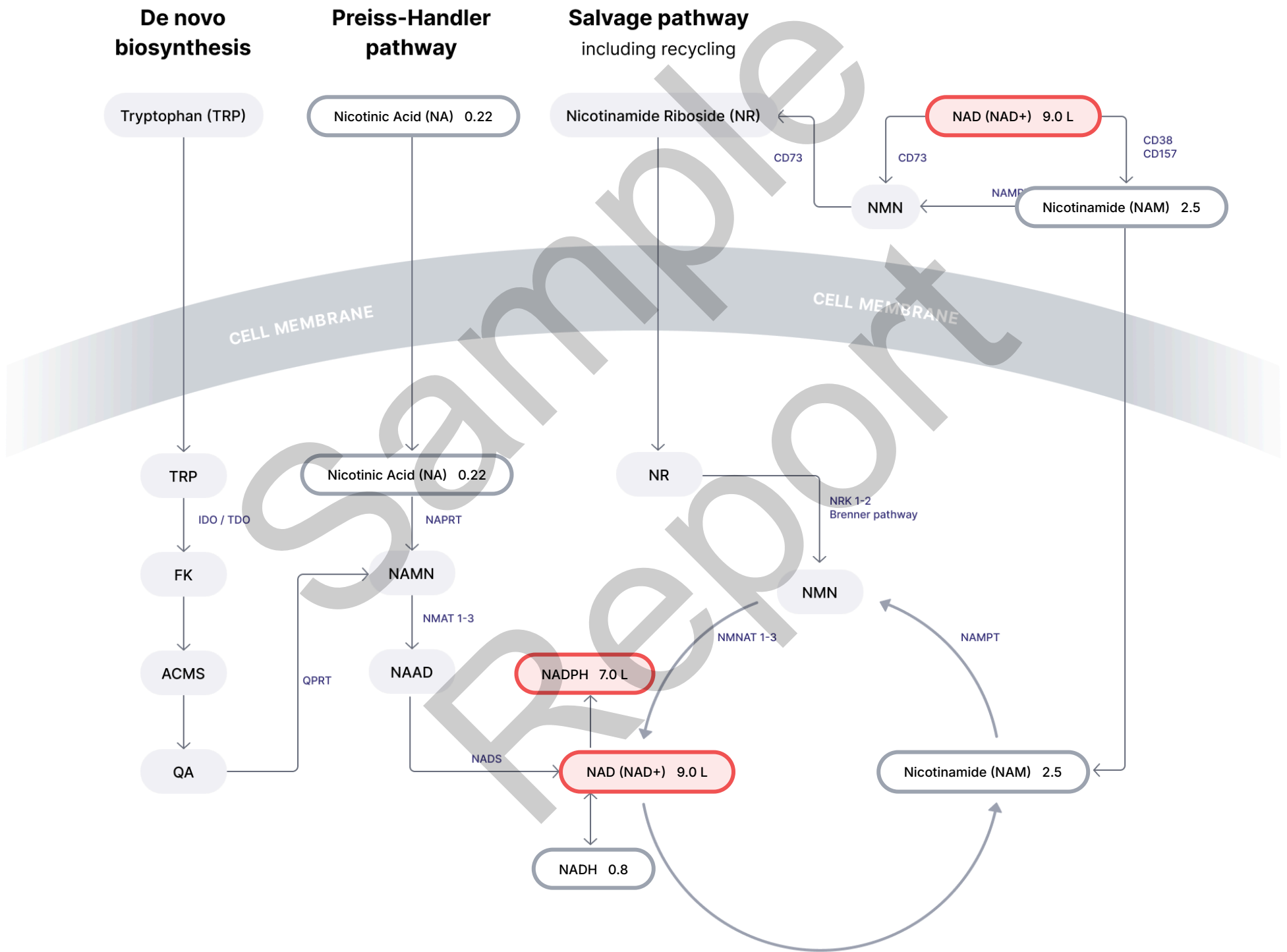
Out of Range

L = Low, LL = Critically Low H = High, HH = Critically High

Regulator

Enzyme

NAD Pathway





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NAD/NADH

TEST	RESULT	H/L		REFERENCE	UNITS
NAD (NAD+)	9.0	L		(20.00-42.00)	nmol/ml
NADH	0.8			(0.60-2.20)	nmol/ml
NADP	5.9	L		(9.50-21.00)	nmol/ml
NADPH	7.0	L		(7.50-21.00)	nmol/ml

FUNCTIONAL RATIOS

TEST	RESULT	H/L		REFERENCE	UNITS
NAD/NADH Ratio	11.71			(8.00-45.00)	nmol/ml
NADP/NADPH Ratio	0.84			(0.50-2.00)	nmol/ml
NAD/NADP Index	2	L		(90.00-350.00)	nmol/ml

NAD PRECURSORS

TEST	RESULT	H/L		REFERENCE	UNITS
Nicotinic Acid (NA)	0.22			(0.10-0.70)	nmol/ml
Nicotinamide (NAM)	2.5			(1.90-5.50)	nmol/ml

Sample Report



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NAD/NADH Comment

NAD+ LOW:

NAD (or nicotinamide adenine dinucleotide) is used extensively in glycolysis and the citric acid cycle of cellular respiration.

The reducing potential stored in NADH can be either converted into ATP through the electron transport chain or used for anabolic metabolism. Altered NAD levels may be associated with age, cancer, obesity and type 2 diabetes, neurological disorders, intestinal inflammation. Many studies point to decreased NAD levels under disturbed nutrient conditions, and aging.

Consider: Foods which can boost NAD levels i.e. milk, fish, mushrooms, green vegetables, grains. May also supplement with 10mg niacin/nicotinic acid for a short period to increase low levels.

NADPH LOW:

The reduced form of nicotinamide adenine dinucleotide phosphate, NADPH, protects cells from redox stress and is required for the synthesis of fatty acids, cholesterol, and deoxynucleotides. NADPH levels decrease with age due to aging-related loss of NAD+, a precursor for its synthesis.

Consider: Supplementation for a short period with citrate to raise low NADPH levels.

NADP LOW:

Nicotinamide adenine dinucleotide phosphate (NADP) is a coenzyme composed of ribosyl nicotinamide 5'-phosphate coupled with a pyrophosphate linkage to 5'-phosphate adenosine 2',5'-bisphosphate. NADP serves as an electron carrier in a number of reactions, being alternately oxidized (NADP+) and reduced (NADPH).

NAD/NADP INDEX LOW:

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

Consider: Foods which can boost NAD levels i.e. milk, fish, mushrooms, green vegetables, grains. May also supplement with 10mg niacin/nicotinic acid if ratio is <130.

Methodology

Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS)