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Date of Birth : 06-Jul-1985  
 Sex : F  
 Collected : 22/Oct/2018  
 Received: 26-Oct-2018  
 22/173-179 BRONTE ROAD  
 QUEENS PARK NSW 2022  
 Lab id : **3566866** UR#: 6535727

12/50 BELLEVUE ROAD  
 BELLEVUE HILL NSW 2023

## INTEGRATIVE MEDICINE

BLOOD - PLASMA

**S-Adenosyl Methionine**

Result Range Units  
**124.2** 86.0 - 145.0 nmol/L



**S-Adenosyl Homocysteine**

**40.0 \*H** 10.0 - 22.0 nmol/L



**SAM/SAH Ratio**

**3.1 \*L** > 4.0 RATIO



(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range





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### Methylation Comments

#### ELEVATED S-ADENOSYL HOMOCYSTEINE (SAH) LEVEL:

Elevated SAH levels suggest inadequate homocysteine metabolism to methionine. Check Homocysteine levels.

As SAH is a strong inhibitor of the methylation process, its levels need to be regulated.

May be due to NAD cofactor deficiency (B3) or commonly SNPs in AHCY.

Consider TMG (trimethylglycine) or Betaine to lower SAH.

#### LOW METHYLATION INDEX:

Balancing the SAME/SAH ratio is important to facilitate optimal enzymic activities in the methylation process.

A reduction in this ratio, below the reference range, is reflective of a decrease in methylation activity.

Tests ordered: SRCOM,IMPEI,CFee,SAMe,SAHe,SAM/SAH

(\*) Result outside normal reference range

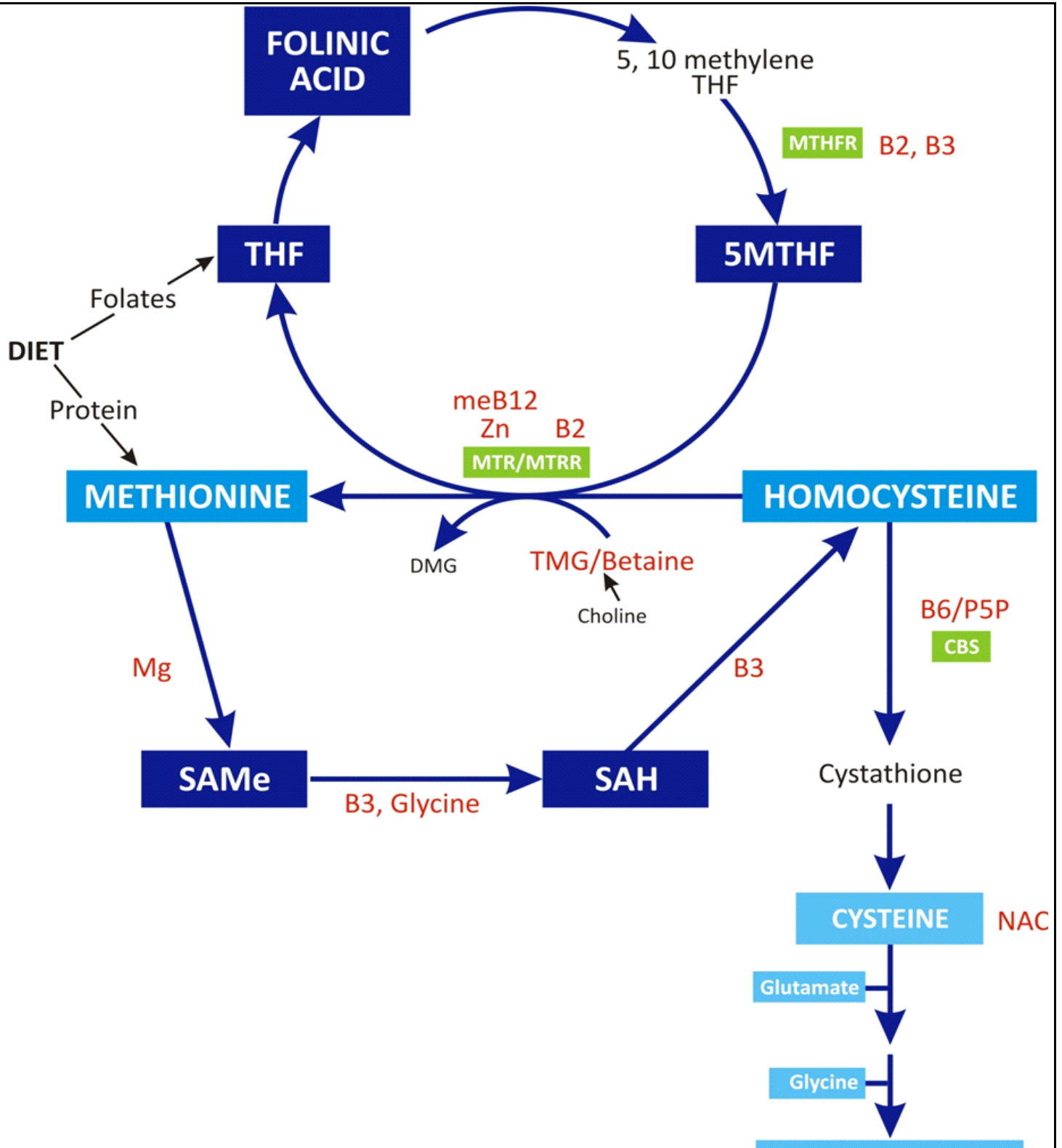
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**GLUTATHIONE**