NutriPATH
Integrative Pathology Services
P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

TEST PATIENT
Sample Test Name
Sex : F
Date Collected : 00-00-0000
111 TEST ROAD TEST SUBURB
LAB ID: 00000000 UR#:0000000

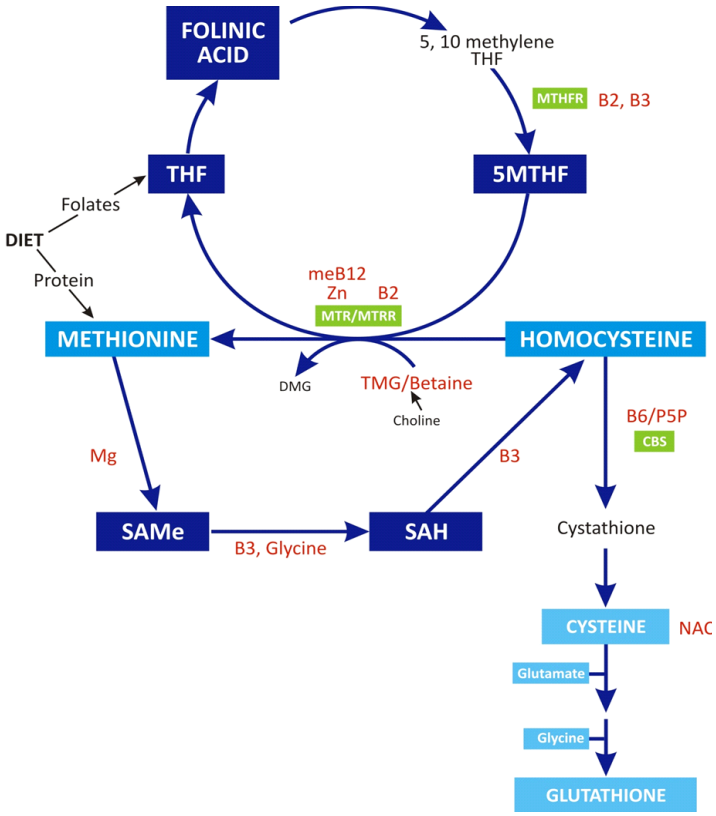
TEST PHYSICIAN
DR JOHN DOE
111 CLINIC STREET
CLINIC SUBURB VIC 3000

BIOCHEMISTRY

BLOOD - SERUM	Result	Range	Units
Activated Vitamin B12	***106.0* *H**	23.0 - 100.0	pmol/L
SERUM FOLATE	**>45**	6 - 45	nmol/L
BLOOD - PLASMA			
HOMOCYSTEINE	**6.0**	6.0 - 15.0	umol/L

INTEGRATIVE MEDICINE

BLOOD - PLASMA	Result	Range	Units
S-Adenosyl Methionine	***70.0* *L**	86.0 - 145.0	nmol/L
S-Adenosyl Homocysteine	***45.0* *H**	10.0 - 22.0	nmol/L
SAM/SAH Ratio	***1.6* *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

NutriPATH
Integrative Pathology Services
P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

TEST PATIENT
Sample Test Name
Sex : F
Date Collected : 00-00-0000
111 TEST ROAD TEST SUBURB
LAB ID: 00000000 UR#:0000000

TEST PHYSICIAN
DR JOHN DOE
111 CLINIC STREET
CLINIC SUBURB VIC 3000

Methylation Comments

LOW S-ADENOSYL METHIONINE (SAMe) LEVEL:
SAMe level may be low due to the following;
Inadequate Methionine (the chief substrate for methylation) either through;
1. Inadequate dietary intake (Poor Diet, Vegetarian/Vegan Diet, GIT dysfunction, Hypochlorhydria)
Improve dietary methionine intake (cheeses, dairy, poultry, meats, nuts) combined with magnesium, Vit B6, folate, Betaine (TMG) and Vit B12 support.
Supplementation with Methionine (Must also include magnesium, Vit B6, folate, Betaine (TMG) and Vit B12 support).

2. Inadequate Homocysteine metabolism
Possible causes: Use of Niacin (depletes methyl groups), Antacids (depletes Vit B12)
Assess Active B12 and Red Cell Folate levels

3. Inadequate Magnesium (chief cofactor for SAMe synthesis)

4. Inhibition of enzymic activity or

5. genetic/chemical influences.

Consider SAMe supplementation - 200-400mg daily, taken on an empty stomach (capsules should be foil packed to retain potency). Also Methionine, Magnesium, B3 and increase protein intake.

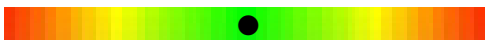
ELEVATED S-ADENOSYL HOMOCYSTEINE (SAH) LEVEL:
Elevated SAH levels suggest inadequate homocysteine metabolism to methionine. Check Homocysteine levels.

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

Research Use Only:

These analyses have been performed using test kits that are for Research Use Only, as per the assay manufacturer's guidelines.
The analytical performance characteristics of these tests have been determined by this laboratory.
The test results should not be used for diagnosis without confirmation by other medically established means.

Methionine	**26.0**	15.0 - 37.0	umol/L	

Tests ordered: HOMO,FOL,MethAA,IMPEI,CFee,ActB12,SAMe,SAHe,SAM/SAH,RUO