

FACT SHEET

NAD+ Levels Test

One molecule at the centre of cellular energy. Measured from a few drops of blood.

A minimally invasive blood test that measures your NAD+ level, so you know where you start and whether what you do changes it.

SAMPLE Finger-prick blood sample on a dried blood spot card, collected at home.



WHY

What this test helps with

- Know your NAD+ starting point before you supplement
- See whether supplements or lifestyle changes actually move your level
- Make informed decisions with your clinician, based on a number rather than a guess
- Track your level over time with simple at-home retesting

NAD+ levels tend to fall with age, and NAD+ is involved in energy metabolism, DNA repair and cellular stress responses. Many people now take NAD+ precursors without knowing where they started or whether it's working.

The NAD+ Levels Test measures total NAD in a few drops of finger-prick blood, collected at home. You'll get your result against reference ranges for your sex, with clear guidance on what can influence your level and how to retest for a comparable result.

WHAT IS MEASURED

One marker, measured precisely

The test quantifies total NAD in whole blood and places your result in context.

TOTAL NAD

NAD⁺ and NADH together in whole blood, reported in $\mu\text{mol/L}$.

REFERENCE RANGE

Where you sit within the general reference population for your sex.

WHAT YOU GET

A clear number, and what to do with it

For the patient

- Your NAD⁺ level, with a plain rating
- Your position against reference ranges for your sex
- The factors known to raise or lower NAD⁺
- Guidance on when to test again

For the clinician

- A quantitative baseline before NAD-supporting interventions
- An objective way to follow supplementation or lifestyle change
- Reference ranges by sex for interpretation
- Simple remote collection that suits repeat testing
- A marker that fits naturally into longevity programmes

HOW IT WORKS

From finger-prick to result



1. COLLECT

A few drops of blood from a finger-prick onto the sample card, in the morning before eating. Let it dry.

2. SEND

The dried card is posted to the laboratory.

3. ANALYSE

The laboratory measures total NAD with a validated enzymatic assay.

4. REVIEW

You receive your result with ranges, context and guidance on next steps.

CLINICAL VALUE

Measure before you supplement

NAD+ is one of the most discussed targets in longevity, and one of the least measured. Testing before and after an intervention shows whether it works for this person, instead of assuming it does.

01	BASELINE	Know the starting level before anything changes.
02	INTERVENE	Adjust diet, exercise, fasting or supplementation with a professional.
03	RE-MEASURE	Test again after a period of intervention and compare.

MEASURE → INTERVENE → RE-MEASURE → VERIFY

LIMITATIONS

What the result can and cannot tell you

The test measures NAD in blood, which may not mirror the level in every tissue of the body. A single result is a snapshot. It is most useful as a baseline and in repeat measurement, interpreted together with a health professional.

The NAD+ Levels Test is not intended to diagnose, treat, cure or prevent any disease. Availability and regulatory status vary by market.

Your programme. Your brand. Our infrastructure.

The NAD+ Levels Test can be integrated into healthcare, longevity and preventive-health programmes as a branded or co-branded testing pathway, without building the laboratory infrastructure behind it.

White-label options can include

- Branded test kits and packaging
- Integration into existing clinic or longevity programmes
- Remote sample collection
- Laboratory analysis
- A patient-facing experience in your name
- Results delivered into your preferred reporting environment
- Repeat testing and longitudinal programmes

Partner value

REMOTE ACCESS

Sample collection at home, outside the clinic.

A MEASURABLE TARGET

An objective marker for NAD-supporting programmes and products.

LONGITUDINAL USE

Repeat testing to follow change over time.

NAD+ Levels Test

One molecule at the centre of cellular energy. Measured from a few drops of blood.

Where Longevity Becomes Measurable.

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