

# ADMA

ASYMMETRIC DIMETHYLARGININE

## ADMA: The Nitric Oxide Regulator



### Elevated ADMA is a risk factor for:

- Hypertension
- Cardiovascular disease
- Renal failure
- Erectile dysfunction
- Insulin resistance and metabolic syndrome
- Diabetes

### Factors contributing to ADMA levels:

- Increased oxidative challenge
- Folic acid insufficiency
- Lifestyle habits
- Dietary glycemic index
- Body mass index
- Dietary sucrose intake
- Smoking
- Hormone levels
- Protein intake

### Interventions to lower ADMA:

- Increase exercise
- Reduce oxidant stress
- Increase antioxidant levels
- Normalize folic acid, vitamin B<sub>12</sub> and vitamin B<sub>6</sub>

### What is ADMA?

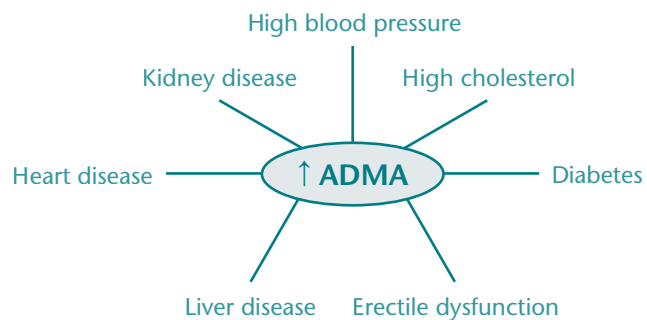
ADMA (asymmetric dimethylarginine) regulates rates of nitric oxide (NO) formation. Since nitric oxide is so important to blood vessel tension, it is key in the regulation of blood pressure and blood flow to organs.

### Why measure ADMA?

Because independent studies have shown that ADMA:

- Is a better predictor of insulin resistance than any other single marker!
- Is a better predictor of vascular endothelial impairment than cholesterol!
- Mediates adverse responses to homocysteine, a risk factor for cardiovascular disease.
- Mediates cardiovascular effects of cigarette smoking.
- Is highly correlated with serum triglyceride levels. Triglyceride is a form of fat that can indicate high total cholesterol levels when high.

The **Metamatrix ADMA Profile** is a unique, independent marker of NO competence and a cost-effective addition to any cardiovascular risk assessment. The ADMA profile is also included with the Metamatrix Metabolic Syndrome Profile!



## PATIENT INFORMATION SHEET