

Methylation Capacity and SAM/SAH Ratio

Adjustment of Reference Values

Mainz, 23 September 2025

Dear colleagues,
dear members of the medical practice team,

we would like to inform you that, as of 26 September 2025, the reference values for the determination of the methylation capacity profile (5658) as well as the SAM/SAH ratio (5657) will be adjusted as follows:

Parameter	New Reference Range
S-Adenosylmethionine (SAM)	107 – 246 nmol/l
S-Adenosylhomocysteine (SAH)	11.6 – 42.9 nmol/l
SAM/SAH Ratio	3.29 – 13.8
Betaine	26.9 – 101 µmol/l
Choline	6.85 – 18.2 µmol/l
N,N-Dimethylglycine	1.39 – 7.00 µmol/l
Methylation Balance	0.87 – 3.68

Please note that this adjustment also applies to all other (practice) profiles in which the above-mentioned parameters are included.

The reference values for homocysteine, which is part of methylation capacity, are not affected by this adjustment.

Reason for the adjustment:

As part of our regular internal quality control, reference ranges are statistically and scientifically reviewed and adjusted where necessary. This has also been the case for the SAM/SAH ratio and methylation capacity profiles.

Do you have any questions or would you like to order sample materials?

Our customer service team is available via email at info@ganzimmun.de or by phone on +49 6131 7205-0, Monday to Friday between 8 a.m. and 7 p.m.

With collegial regards,



Dr. med. Patrik Zickgraf
Medical Director