

## MALONDIALDEHYDE IN BLOOD

MDA is an indicator of so-called free radical pathology.

### **THE TEST**

Malondialdehyde is a waste product of the oxidation of essential fatty acids.

The MDA-value in blood is a measure for the ability of the body to handle the oxidative stress it is exposed to. Disturbance of balance between oxidative processes and antioxidative defenses causes the oxidative stress that can damage proteins, lipids, polysaccharides and nucleic acids

### **TEST INDICATIONS<sup>1</sup>**

- Atherosclerosis
- Allergies
- Arthritis
- Auto-immune disorders
- Cancer
- Cardiovascular diseases
- Chemotherapy
- Diabetes
- Exercise (intensive)
- Infections (bacterial, viral)
- Inflammatory bowel disease
- Radiation
- Smoking
- Stress

The test can also be used to check the effect of antioxidant therapy.

### **COMPLEMENTARY TESTS**

- (single) antioxidant vitamins (A, C, E)
- Glutathion

### **LITERATURE**

1. Robert W Bradford. Oxidology H3:disease and pathology. R.W. Bradford Foundation ,1985.

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