VITALS VAULT

FREE GUIDE

AST to ALT Ratio Sheet

Divide your AST by your ALT to get the De Ritis ratio. This sheet shows what ratios have been linked to in studies and what to ask. It is a clue, not a diagnosis.

WHAT RATIOS HAVE BEEN LINKED TO

Ratio	Linked in studies to	Who was studied
Low (under 0.93 men, 1.12 women)	75% greater insulin resistance risk than the highest group	2,747 NHANES adults
Above 1	Advancing fibrosis can be signaled	People with liver disease
Around 2	Often seen in alcoholic hepatitis	People with liver disease
Above 5	Muscle injury or very strenuous exercise	Clinical review

CALCULATE YOUR RATIO (ROW 1 IS AN EXAMPLE)

Date	AST	ALT	AST / ALT
Example	24	20	1.2

CONTEXT DECIDES

The ratio helps tell liver causes from muscle, ischemic or toxic ones. Cut-offs differ by population and many come from hospital patients, so the same ratio can mean different things in different people.

QUESTIONS TO ASK

- [ ] Are both my AST and ALT in range on this report?
- [ ] Could recent hard exercise or alcohol have changed my AST?
- [ ] Is my ratio steady across my past results?
- [ ] Does my ratio call for any other tests?

Sources: Visaria 2022 (NHANES); Woreta 2014. Study cut-offs, mostly from patients; not for self-diagnosis.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com