

A1C Chart Based on ADAG Formula

A1C Derived Average Glucose (ADAG) Study

$$eAG \text{ in mg/dL} = (28.7 \times Hba1c) - 46.7$$

$$eAG \text{ in mmol/L} = (1.59 \times Hba1c) - 2.59.$$

A1C	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0	5.1
mg/dl	68	71	74	77	80	82	85	88	91	94	97	100
mmol/l	3.8	3.9	4.1	4.3	4.4	4.6	4.7	4.9	5.1	5.2	5.4	5.6
A1C	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6.0	6.1	6.2	6.3
mg/dl	103	105	108	111	114	117	120	123	125	128	131	134
mmol/l	5.7	5.8	6.0	6.2	6.3	6.5	6.7	6.8	6.9	7.1	7.3	7.4
A1C	6.4	6.5	6.6	6.7	6.8	6.9	7.0	7.1	7.2	7.3	7.4	7.5
mg/dl	137	140	143	146	148	151	154	157	160	163	166	169
mmol/l	7.6	7.8	7.9	8.1	8.2	8.4	8.5	8.7	8.9	9.0	9.2	9.4
A1C	7.6	7.7	7.8	7.9	8.0	8.5	9.0	9.5	10	11	12	13
mg/dl	171	174	177	180	183	197	212	226	240	269	298	326
mmol/l	9.5	9.7	9.8	10.0	10.2	10.9	11.8	12.5	13.3	14.9	16.5	18.1
Super Optimal	Optimal		Normal			Pre Diabetes		Diabetes		Dangerous		

A1C Chart provided by <https://healthy-ojas.com>