

Memo no.: 2026-011
Date: 26-June-2026
Memo to: Clients
Re: ***Neurofilament Light Chain (NfL), Serum/Plasma – Z-score Reporting and Reference Interval Update***

Effective immediately, EORLA (Ottawa Hospital General Campus) will be including Z-scores with all results for [Neurofilament Light Chain \(NfL\), Serum/Plasma](#) in adults. Upper 97.5th reference intervals will be included on the reports based on enhanced Simoa-Roche correlations. Pediatric Reference Intervals are not available.

Z-scores will allow for age-independent interpretation of NfL result and serve as a resource to better recognize an individual patient's NfL result in comparison to healthy individuals. The reported Z-score is derived from a cohort of 4341 healthy individuals from the Swedish Multiple Sclerosis registry as reported in Benkert *et al.* (Lancet Neurol 2022; 21: 246–57) which developed age and BMI dependent reference limits and Z-scores using the Simoa assay.

Due to the addition of this new result, please see updated HL7 Interface Order/Result codes:

Order Choice Name	Neurofilament Light Chain (NfL), Serum/Plasma	
Order Code	NFLRO S	
Result Name	Units	Result Code
Neurofilament Light Chain	pg/mL	64244
NFL Z-score		66318

If you have further questions, please contact Client Care at 416-422-3000 ext. 300 or info@iclabs.ca

Dr. Shashank Tilak, Ph.D., DCC
Laboratory Director
416-422-3000 ext. 221
shashtilak@iclabs.ca

Serum Neurofilament Light Chains (NfL) Z-score Reference Intervals

Effective 17-June-2026

(Upper 97.5th reference intervals will also be optimized based on improved Simoa-Roche correlations).

Age	Roche Elecsys Upper 97.5 th Percentile	Age	Roche Elecsys Upper 97.5 th Percentile
18	1.01	52	2.16
19	1.05	53	2.21
20	1.08	54	2.27
21	1.12	55	2.32
22	1.15	56	2.38
23	1.19	57	2.44
24	1.22	58	2.51
25	1.25	59	2.57
26	1.28	60	2.64
27	1.31	61	2.71
28	1.34	62	2.78
29	1.37	63	2.85
30	1.39	64	2.92
31	1.42	65	2.99
32	1.44	66	3.06
33	1.47	67	3.14
34	1.49	68	3.21
35	1.52	69	3.29
36	1.54	70	3.36
37	1.57	71	3.44
38	1.60	72	3.51
39	1.63	73	3.59
40	1.67	74	3.67
41	1.70	75	3.74
42	1.74	76	3.82
43	1.77	77	3.89
44	1.81	78	3.97
45	1.85	79	4.05
46	1.89	80	4.12
47	1.93	81	4.20
48	1.97	82	4.27
49	2.01	83	4.35
50	2.06	84	4.43
51	2.11	85	4.50