

# Laboratory Report

## Total Vitamin D

BLOOD SPOT ID



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DATE OF BIRTH **10/22/1965**

GENDER M  F

CLIENT ID # **01234**

### Understanding the Test

Vitamin D is required for the regulation of the minerals calcium and phosphorus found in the body. Recently studies have shown a correlation between Vitamin D deficiency and a number of chronic disorders such as multiple sclerosis, diabetes, and many other diseases, but this is yet to be medically proven.

### Summary of Results

#### Reference Range

Total Vitamin D ..... **22.3** ng/mL **L** > 25.0 ng/mL

The reference range represents a clinical decision value that apply to males and females of all ages, rather than population-based reference values.

### Understanding the Results

Several studies suggest that Vitamin D levels in the range 25 - 80 ng/mL are desirable. Apparently healthy individuals with Vitamin D levels lower than 25 ng/mL are associated with an increased risk of secondary hyperparathyroidism, reduced bone mineral density, and fractures, particularly in the elderly. Long term use of certain medications may result in Vitamin D deficiency that could lead to bone disease. Vitamin D levels higher than 80 ng/mL are associated with toxicity, however most individuals who experience Vitamin D toxicity have levels greater than 150 ng/mL.

These test results do NOT make or confirm a diagnosis which can only be made by a qualified health professional.

### Laboratory Processing Summary

COLLECTION DATE	RECEIPT DATE	TESTING DATE	REPORT DATE
<b>9/15/2012</b>	<b>9/19/2012</b>	<b>9/20/2012</b>	<b>9/21/2012</b>