

Patient Name

SAMPLE

Patient Date of Birth

dd/mm/yyyy

Test Analysis

SAMPLE

Date Completed



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Please note we do not provide medical advice or services. If you have health disorders, medical conditions, or any condition needing medical supervision you should consult your doctor or medical professional. All products and services are provided for educational purposes and research purposes only and are not intended to be a substitute for a proper medical consultation; and the site, services, products and materials may support the relationship between you and your healthcare provider, but are not intended to replace it. They should not be used as a substitute for professional diagnosis and treatment. If you suffer from any health condition you must consult your doctor or medical professional. We do not recommend self-diagnosis or self-medication, and no information within our site or presented by us or our associates may be construed or interpreted as recommending self-diagnosis or self-medication.

**LAB TESTS DIRECT**

MAKING HEALTH ONLINE EASY



PATIENT FIRST NAME :

PATIENT SURNAME:

DATE OF BIRTH:

GENDER:

ADDRESS:

**LAB TESTS DIRECT-PATIENT REPORT**

Test Name	Result	Units	Range
Vitamin D, 25-OH, D2 (Blood Spot)	<4	ng/mL	<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3 (Blood Spot)	33	ng/mL	32-100 ng/ml (80-250 nmol/L)
Vitamin D, 25-OH, Total (Blood Spot)	33	ng/ml	32-100

<dL = Less than the detectable limit of the lab.

N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit.

\*For research purposes only.

**Therapies**

None Indicated

**Lab Comments**

Vitamin D3 is within the range which many experts consider normal (> 32 ng/ml), but not optimal for health (50-80 ng/ml). Vitamin D deficiency has been closely associated with a wide range of conditions and diseases, which include cardiovascular disease, stroke, osteoporosis, osteomalacia, cancer, and autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, and diabetes (types 1 and 2) (for review see: Holick MF. NEJM 357: 266-281, 2007). Lack of adequate sunlight resulting from geographical location (northern climates), excessive clothing, working indoors during daylight hours, purposely avoiding sunlight with clothing and sunscreens, and aging of the skin contribute to low vitamin D levels. Vitamin D3 may be increased by eating foods high in D3 (fish), exposing the skin to sunshine without sunscreen during mid-day for 15-20min (latitudes below Boston, MA), use of a UVB light, and/or supplementation with Vitamin D3.