LABTESTSDIRECT
Making Online Health Easy

Patient Name

SAMPLE

Patient Date of Birth

dd/mm/yyyy

Test Analysis

SAMPLE

Date Completed

Disclaimer

LABTESTSDIRECT
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.