

VITAMIN D TEST REPORT

Patient Jane Doe	PatientID JD930304	Non-smoker	
DOB 3/4/1993 (24 yrs)	Report Date and Time 11/1/2017 12:00	BMI 19.2	Waist 26 in
Gender F	Received Date and Time 10/26/2017 13:00	Medications None indicated	
	Specimen Collection Date and Time Blood Spot 10/17/201 9:20	Provider ID: 0000 Doctor T 17387 63rd Ave Lake Oswego OR 97035 Ph: xxx-xxx-xxxx	
	Hours of Fasting Not Indicated		
	Family History of		
	Heart Disease Yes		
	Diabetes No		
	Cancer Yes		

YOUR TEST RESULTS

█ Normal Range
 █ Low or High Range
 █ Your Levels

25- OH Vitamin D, Total (ng/mL)



What do your test results mean?

25-OH Vitamin D, Total. Vitamin D is essential for bone strength as it helps in calcium absorption from diet. Traditionally, vitamin D deficiency has been known to cause rickets disease, but several studies have indicated that low vitamin D levels have also been associated with higher risk of cardiovascular disease, cognitive impairment in older adults, asthma in children and cancer. Adequate levels of vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Inflammation is involved in many chronic diseases and there is a concern that vitamin D deficiency has a role in activating the inflammatory processes. Research has shown that vitamin D is needed for optimal immune performance and lowers inflammation.