

# VITAMIN D TEST REPORT

<b>Patient</b> Jane Doe	<b>Patient ID</b> JD930304	Non-smoker
<b>DOB</b> 3/4/1993 (24 yrs)	<b>Report Date and Time</b> 11/1/2017 12:00	<b>BMI</b> 19.2 <b>Waist</b> 26 in
<b>Gender</b> F	<b>Received Date and Time</b> 10/26/2017 13:00	<b>Medications</b> None indicated
	<b>Specimen Collection Date and Time</b> Blood Spot 10/17/201 9:20:00	<b>Provider ID:</b> 0000 Doctor T 6655 SW Hampton St Tigard, OR 97223 <b>Ph:</b> xxx-xxx-xxxx
	<b>Hours of Fasting</b> 00:00	
	<b>Family History of</b>	
	Heart Disease    Yes	
	Diabetes            No	
	Cancer              Yes	

## YOUR TEST RESULTS

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

█ Normal Range     
 █ Low or High Range     
 █ Your Levels



## 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.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness.