

## VITAMIN D TEST REPORT

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

## What do your test results mean?

> 80

46

20 - 80

< 20

**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 type1 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.

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. This test was developed and its performance characteristics determined by AYUMETRIX & Purity. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA as qualified to perform high-complexity testing. Page 1 of 1