Biolab Medical Unit

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Reference: **OPER/SDAV/A11**
Patient: **Sample Report**
Doctor: **Dr.....**
Doctor's reference: **123456789**

Age: **50**
Sex: **Male**
Date: **4/01/2011**

Vitamin D Profile

			Reference range
Vitamin D3 (cholecalciferol)	**60**	nmol/L	
Vitamin D2 (ergocalciferol)	**10**	nmol/L	(not present unless supplemental ergocalciferol has been consumed).
Total 25-hydroxy vitamin D	**70**	nmol/L (28 µg/L)	75 - 200 nmol/L (30 - 80 µg/L)

Comments:

Notes:

The serum concentration of 25-hydroxy vitamin D is the most sensitive and useful index of vitamin D status and correlates well with the plasma parathyroid hormone concentration and alkaline phosphatase activity. There is a two-fold seasonal variation in 25-hydroxy vitamin D in temperate regions of the globe.

For healthy subjects, with no medical condition and normal sun exposure, the serum reference interval for 25-hydroxy vitamin D is 75 – 200 nmol/L (30 – 80 µg/L).

The treatment target for subjects with medical conditions that may be associated with vitamin D deficiency is a serum range of 125 – 150 nmol/L (50 – 60 µg/L).

Vitamin D levels in supplemented individuals should be monitored carefully during the summer, when endogenous synthesis of vitamin D is at its maximum.

Vitamin D2, which is of plant origin, is the form contained in certain supplements. Total 25-hydroxy vitamin D can be taken as the sum of 25-hydroxy D3 and 25-hydroxy D2. Most subjects have very low levels of vitamin D2 in comparison to D3.

References:

1. Holick MF. Deficiency of sunlight and vitamin D. BMJ 2008;336:1318-1319.
2. Holick MF. Vitamin D and sunlight: strategies for cancer prevention and other health benefits. Clin J Am Soc Nephrol 2008; June 11.
3. Holick MF. Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease. Am J Clin Nutr 80:1678-1688S, 2004.
3. Mawer EB, Davies M. Vitamin D nutrition and bone disease in adults. Reviews in Endocrine & Metabolic Disorders 2001: 2; 153-164.
5. Morris HA. Vitamin D: a hormone for all seasons - how much is enough? Clin Biochem Rev 2004; 26: 21-32.