

Ordering Physician:

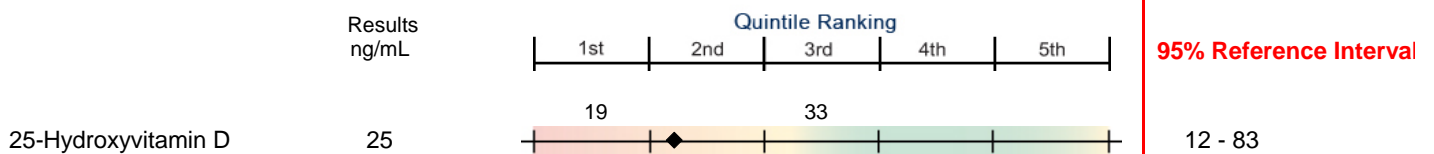
Metametrix

3425 Corporate Way

Duluth, GA 30096

0032 Vitamin D

Methodology: Chemiluminescent immunossay (CLIA)



Levels of 25-hydroxyvitamin D that fall below 20ng/mL (50nmol/L) reflect frank vitamin D deficiency. Studies based on functional markers have identified levels below 30ng/mL (75 nmol/L) as hypovitaminosis D wherein stores are depleted and PTH levels may begin to rise. Current research indicates the optimal range of vitamin D as 50-80ng/mL. Extremely high levels of vitamin D may be toxic.

Current research points towards Vitamin K as an important nutrient affected by vitamin D status and supplementation. Both Vitamin D and K levels should be analyzed regularly.

- Holick MF. Vitamin D deficiency. N Engl J Med. 2007;357(3):266-281.
- Hollis BW. Circulating 25-hydroxyvitamin D levels indicative of vitamin D sufficiency: implications for establishing a new effective dietary intake recommendation for vitamin D. J Nutr. Feb 2005;135(2):317-322.
- Bischoff-Ferrari H, Giovannucci E, Willett W, Dietrich T, Dawson-Hughes B. Estimation of optimal serum concentrations of 25-hydroxyvitamin D for multiple health outcomes. Am J Clin Nutr 2006; 84:18-28.

Conversion factors: nmol/L = ng/mL x 2.5 | ng/mL = nmol/L x 0.4

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.