



63 Zillicoa Street
Asheville, NC 28801
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Patient: SAMPLE
PATIENT

DOB:

Sex:

MRN:

Vitamin D

	Inside Range	Outside Range	Reference Range:
25 - OH Vitamin D		23	50-100 ng/mL

Deficiency = < 20 ng/mL (< 50 nmol/L)
 Insufficiency = 20-49 ng/mL (50-124 nmol/L)
 Optimal = 50-100 ng/mL (125-250 nmol/L)
 Excessive = > 100 ng/mL (> 250 nmol/L)

Commentary

New medical research supports a change in the reference range for Vitamin D. It has been determined that Vitamin D levels below 50 ng/mL are sub-optimal. Thus, we have modified our optimal Vitamin D reference range from 40-80 ng/mL to 50-100 ng/mL (125-250 nmol/L).

The performance characteristics of this assay have been verified by Genova Diagnostics, Inc. This assay for Vitamin D has been cleared by the U.S. Food and Drug Administration.

Commentary is provided to the practitioner for educational purposes, and should not be interpreted as diagnostic or treatment recommendations. Diagnosis and treatment decisions are the responsibility of the practitioner.

Deficient or Insufficient levels:

Vitamin D is a hormone produced in the skin during exposure to sunlight or consumed in the diet, and converted to its active form, calcitriol, in the liver and kidneys. Vitamin D helps regulate serum calcium and phosphorus levels by increasing intestinal absorption of calcium and stimulating tubular reabsorption of calcium. Vitamin D also affects numerous other functions in the body.

Calcitriol deficiency can result in rickets or osteomalacia due to under-mineralization of the growing skeleton or demineralization of the adult skeleton, respectively. Hypovitaminosis D also increases the risk of infection, cancer, autoimmune disease, hypertension, arteriosclerosis, diabetes and/or insulin resistance, musculoskeletal pain, epilepsy, and migraine.