

Vitamin D Report

Your Vitamin D

Reference Range*: 20 - 80 ng/mL


38.0
ng/mLNAME: Jane Doe
DOB: 12/11/1986
ID: JDoeCOLLECTION DATE: 03/15/2018
RESULT DATE: 03/17/2018
ACCOUNT: Consumer

YOUR LEVEL

Desirable 30-50ng/mL

Excess >100 ng/mL

15

30

45

60

75

90

105

* Reference Range is representative of a normal patient population. Visit our [FAQ](#) section for more information.

The Vitamin D test measures the level of total Vitamin D in your blood and is equivalent to 25-hydroxyvitamin D2 and D3 in plasma. It reflects your Vitamin D status over the past 1-2 months. As a part of a healthy lifestyle, a Vitamin D blood level in the **30-50 ng/mL** range may help support metabolic, heart, brain and immune health. Vitamin D blood levels >100 ng/mL are above the recommended range and may lead to toxicity symptoms. Most people can achieve and maintain a desirable Vitamin D level through lifestyle habits like sun exposure, diet, and supplementation.

Vitamin D3 is produced by our body when our skin is exposed to sunlight, unprotected by sunscreen. Our bodies are very efficient when it comes to producing Vitamin D3 this way. For example, our body can produce ~200 international units (IU) of Vitamin D3 after brief UVB sunlight exposure of the arms and face (~5 minutes, without sunscreen). The precise amount of Vitamin D3 produced will vary depending on factors such as skin pigmentation, geographical location, season, and time of the day. *Please consult with your doctor before increasing unprotected sun exposure.*

The best dietary sources of Vitamin D come from fish like salmon, tuna, and mackerel, and small amounts are also found in mushrooms and egg yolks. Fortified dairy products like milk are an important dietary source of Vitamin D, but the amount of Vitamin D present in these foods is low. Overall, there are very few foods in nature that contain high amounts of Vitamin D.

Vitamin D supplements are an effective way to achieve and maintain a desirable Vitamin D level. Most pharmacies carry Vitamin D in doses of 400 IU to 2,000 IU per tablet, but some formulations are as high as 10,000 IU per tablet. The National Academy of Medicine recommends an upper limit of 4,000 IU of Vitamin D per day. There are virtually no side effects with Vitamin D when taken in appropriate doses. Vitamin D toxicity can occur with excessive supplementation and results in calcium levels becoming too high, but this is extremely rare.

The amount of Vitamin D needed to raise the blood Vitamin D level into the desirable range is different for everybody. Many factors – age, sex, weight, genetics, geographical location, skin pigmentation, medications, and other medical conditions – can all influence the body's response to Vitamin D. Still, we can provide an estimate, based on research, of how much Vitamin D you may need to raise your level into the desirable range given your current Vitamin D level. Visit the Vitamin D Calculator on [OmegaQuant.com](#) for your personalized Vitamin D recommendation.

Please consult your doctor before making any changes to your diet, supplementation regimen, or unprotected sun exposure. If you increase your intake of Vitamin D or sun exposure, your Vitamin D level will begin to slowly go up within a few days but will continue to change for several months. We recommend that you re-measure your Vitamin D level every 3-4 months while adjusting your intake until you reach the desirable range. Once you reach the desirable range for Vitamin D, we recommend that you re-test every 6 months and adjust your intake accordingly. Answers to commonly asked questions about your results can be found in our [FAQ](#) section.