

Report downloaded: 12:42, Mon 02 Nov 2020

Test Requested by: Jane Doe <janedoe.mht@gmail.com>		
<i>Person tested / patient</i> Jane Doe	<i>Contact details</i> Jane Doe	<i>Sample date & details</i> 16:00, Wed 07 Oct 2020
DOB: 19 Mar 1990 (30 years) Gender: Female PBT-ID: 1801	Email: janedoe.mht@gmail.com Phone: 41212345678 Mobile: 0412-345-678 PRT-ID: 1801	SAM-ID: 99990123 Ship-IF: IF004528 Type: Dried Blood Spot Received: 2020-10-08
<i>Your test results are:</i>		Reported: 2020-10-14, 12:34
Vitamin D	77.7 nmol/L	Analyte: VITD Method: LC-MS/MS Analysed: 2020-10-14, 12:04

Expected Vitamin D levels

Vitamin D level:	Indicates that:
Less than 12.5 nmol/L	You may have a severe deficiency
12.5 – 29 nmol/L	You may have a moderate deficiency
30 – 49 nmol/L	You may have a mild deficiency
50 - 200 nmol/L	You are within the normal/healthy range
More than 200 nmol/L	You are at risk of toxicity

Important information about Vitamin D results

Vitamin D levels typically decrease in winter so this should be taken into consideration when interpreting results. Your doctor may recommend a vitamin D supplement if your vitamin D levels are deficient. If you have any concerns about your test results, please speak to your doctor or contact our Customer Service team.

This test measures the major form of vitamin D in the blood, 25-hydroxy vitamin D₃

SID: 20201014120402-1091 UID: 1801-1801

Understanding Vitamin D results

For more information on the interpretation of this result and the scientific validity and clinical utility of the MyHealthTest Vitamin D Test Service please see the [MyHealthTest website](https://www.myhealthtest.com) – <https://www.myhealthtest.com>.

The measurement of Vitamin D in dried blood spots is comparable to those from traditional methods of blood testing, however your result may be different based on the following:

- Your sample may have been collected inappropriately, contaminated or affected during transport
- You may have a medical condition or be taking medication that has an effect on the dried blood spot test

If your result is within the normal range provided but you are experiencing symptoms, please take your result to your doctor to discuss.

Questions? Contact our Customer Service Team

Phone: [+61 2 6145 2147](tel:+61261452147)

Email: customer.service@myhealthtest.com

Or find answers on our website at www.myhealthtest.com

Other useful resources

Below are some additional useful resources with more information on Vitamin D.



<https://www.osteoporosis.org.au/vitamin-d/vitamin-d>



<https://www.labtestsonline.org.au/learning/test-index/vitamin-d>



<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/vitamin-d>



<https://www.healthdirect.gov.au/vitamin-d-test>

<https://www.healthdirect.gov.au/vitamin-d-deficiency>
