



VITAMIN D - Test Code 1115



Turnaround Time: 1-2 business days



Specimen Type: 1x SST
Blood

Description

Vitamin D is essential for bone health, immune function, and muscle strength. It plays a critical role in calcium absorption, bone growth, and reducing inflammation, while also regulating cell growth and differentiation (Chang & Lee, 2019). The body can synthesise vitamin D when exposed to sunlight or obtain it from dietary sources. Once consumed or synthesised, vitamin D is converted into its active form in the liver and kidneys (Chang & Lee, 2019).

Vitamin D deficiency has been linked to an increased risk of conditions such as diabetes, certain cancers, cardiovascular disease, and osteoporosis (Chang & Lee, 2019). Studies indicate that adequate sunlight exposure may help prevent chronic diseases, with vitamin D playing a crucial role in immune regulation, potentially affecting autoimmune conditions (Chang & Lee, 2019).

The most common method for measuring vitamin D levels is through the assessment of 25-hydroxy vitamin D2 (25(OH)D2), which is a reliable indicator of overall vitamin D status in the body (Chang & Lee, 2019). This measurement helps determine whether individuals have adequate levels for maintaining health and preventing deficiencies.

Whats included?

- 25 hydroxy Vitamin D2

Conditions and Symptoms

- Bone pain/ osteoporosis
- Muscle weakness
- Asthma
- Cancer
- Depression/ mood changes
- Cardiovascular disease
- Subfertility
- Frequent infections

Complementary Testing

- Thyroid Profile Extensive (Test Code 1114)
- Hair Mineral Analysis- Level 2 (Test Code 5014)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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