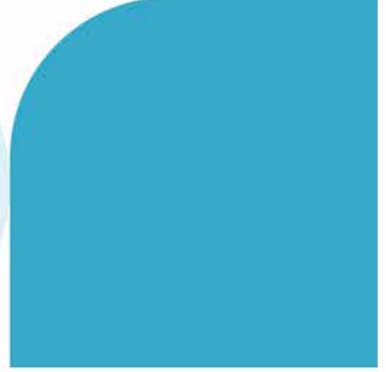
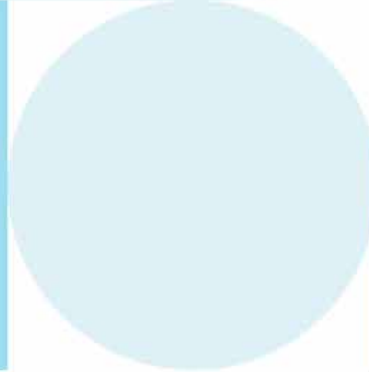
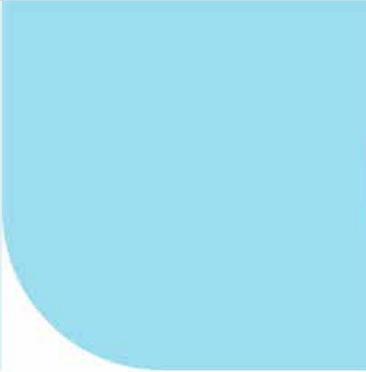
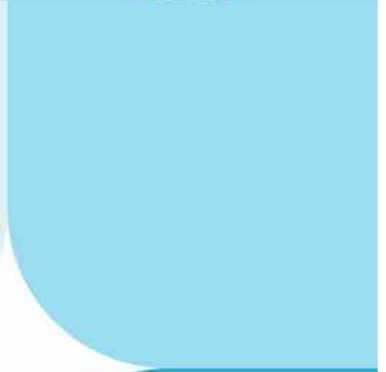
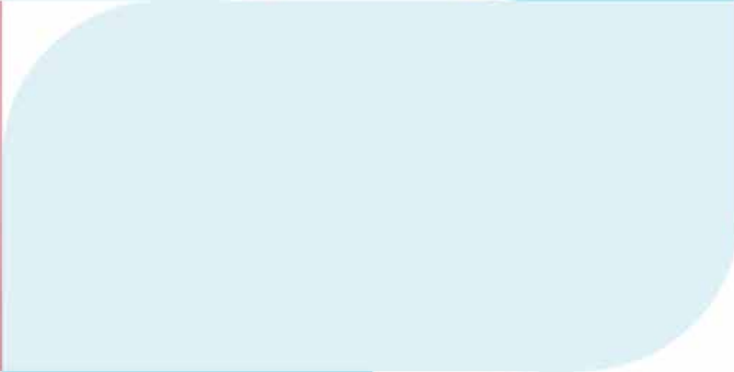




Test report



At-home test



# Vitamin D

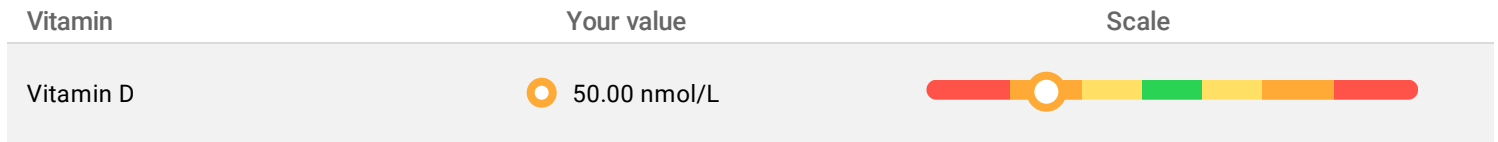
Lab test

Blood

Name: **Sample Report**    Date of test: **02/22/2021**    Analysis-ID: **EM7YHWTE-VD**

# Lab Test

Our lab measured the concentration of vitamin D in your blood, in the form of 25-hydroxyvitamin D (25-OH-D). Two different forms of vitamin D can be measured in the blood: 25-hydroxyvitamin D and 1,25-dihydroxyvitamin D. Since 1,25-dihydroxyvitamin D is a steroid hormone, its concentration is affected by many factors. The form 25-hydroxyvitamin D is a steroid hormone and is considered to be the best measurement method for measuring the concentration of vitamin D in the body.



## Reference value

Level of Vitamin D	Indication
<25 nmol/L	<span style="color: red;">●</span> Critical deficiency
26-75 nmol/L	<span style="color: orange;">●</span> Deficiency
76-100 nmol/L	<span style="color: green;">●</span> Adequate level
101-200 nmol/L	<span style="color: green;">●</span> Optimal level
201-250 nmol/L	<span style="color: orange;">●</span> High level
>250 nmol/L	<span style="color: red;">●</span> Potentially toxic level

**Comment:** Your value is below the reference value. For more information, see 'Your Recommendations' below.

## Your recommendations\*

Your vitamin D levels are low (55 IU, they should be above 75 units). For a period, it is recommended to consume foods rich in vitamin D until you reach the recommended levels. For a list of foods high in vitamin D please see Vitamin D or food on the next page.

Maintaining a balanced diet can be challenging in today's society. If you find this to be the case and wish to boost your levels, consider **vitamin D supplements**. By taking 2-4 capsules daily with meals you can achieve levels between 100-125 units. This exists in tandem from the positive health effects that vitamin D offers.

Keep in mind that the amount of vitamin D supplement you need is highly individual. Therefore, we recommend understanding how your levels are affected by a particular dosage by testing, dosing, and retesting to monitor changes. Over time, you'll get a sense of what you require and can maintain that in the long run.

When supplementing with vitamin D, it is also advisable to take supplements of **vitamin K** and **magnesium** to support the body's vitamin balance.

### Need extra help?



Need help interpreting your results, understanding our recommendations, or with any health issues? You can book any of our fantastic team members for 15, 30, or 45-minute consultations.

Our team has experience with hormonal issues, gut problems, burnout, mental imbalances, nutrition and more. [You can book here.](#)

\*We always advocate a healthy diet and lifestyle as a first choice. Recommendations regarding dietary supplements are based solely on laboratory results and do not take into account individual symptoms, possible medical conditions, or the use of medications. Always consult a qualified therapist or doctor before changing your diet and/or starting any form of dietary supplements.

# In-depth

## Vitamin D

Vitamin D comes in various forms, the most common being vitamin D2 (ergocalciferol) which is formed in plants and produced by light activation of yeast, and vitamin D3 (cholecalciferol) which is the form produced in our skin when we are exposed to ultraviolet light from the sun.

Once we have produced vitamin D through the skin, it is then absorbed by the blood and transported to the liver where it is converted to 25-OH-D. It is precisely this form that is used medically to measure the concentration of vitamin D in the body.

How much vitamin D we produce is affected by among other things, geographical latitude, skin color, air pollution and if you use sunscreen, as it blocks vitamin D production.

When recommending vitamin D intake, the time of year, geographical latitude and skin color should be taken into account. Keep in mind that during the summer months, the body can absorb vitamin D through the skin, however, this is prevented if you use sunscreen. To understand which doses you should be using during the year, depending on sun exposure, it may be beneficial to test yourself a few times during a year.

## Vitamin D in food

Below you will find a table with foods that are rich in vitamin D.

Foods	mcg / 100 gr	% of RDI
Eel (smoked)	98	1960%
Perch (cooked)	27,22	544,4%
Baltic herring (smoked)	19,1	382%
Chanterelle	15,37	307,4%
Sardines (canned in oil)	15	300%
Mackerel (fried)	14,94	298,8%
Salmon (cooked)	14,46	289,2%
Anchovies (canned)	12,36	247,2%

If needed, you can support the body with a vitamin D3 supplement. If you have difficulty swallowing capsules, we can recommend that you choose a liquid vitamin D3 supplement. For best results, it is good to supplement with magnesium because too low magnesium levels can cause vitamin D to remain in its inactive form. Magnesium and vitamin D in combination with vitamin E also prevent soft tissue calcification at higher levels of vitamin D (>100 nmol/L).

