



Kate Lavender

Your test results

B12 & Folate Check

Summary

Congratulations on taking the B12 & Folate Check which puts you in control of your health data!



i-screen

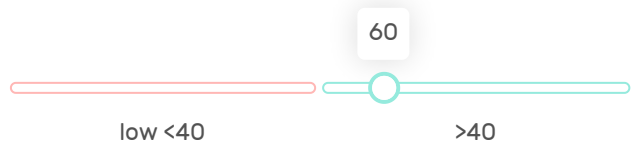
Collection Date: 25 Jun 2022

B Vitamins

Your vitamin levels are within the normal range and don't show signs of a deficiency. These water-soluble vitamins do not accumulate in the body to the same degree as fat soluble vitamins - the body absorbs what it needs and then usually excretes the excess in your urine. This means the body needs a continuous supply through a steady daily intake of B vitamins.

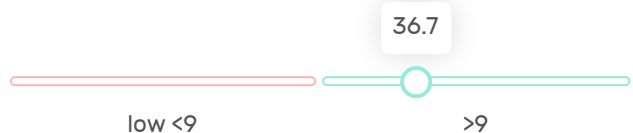
Active Vitamin B12 60 pmol/L

Holotranscobalamin represents only 10-30% of the Vitamin B12 circulating in the blood but is the ONLY form of Vitamin B12 that is taken up and used by cells of the body, hence it's other name - ACTIVE Vitamin B12.



Folate 36.7 nmol/L

Found naturally in food, such as green leafy vegetables. Folate (vitamin B9) plays a role in DNA creation and is important for the production of red blood cells.



Recommendations

Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. Please contact us if you would like a copy of your lab report.