



Catherine Howard

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

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## 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.

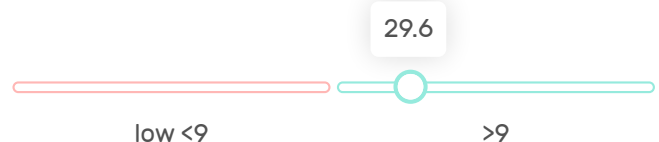
### Active Vitamin B12 > 146 pmol/L

Active vitamin B12 is the biologically active form of vitamin B12 that is essential for many physiological processes in the body, including the production of red blood cells, DNA synthesis, and nerve function.



### Folate 29.6 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. A copy of your lab report is attached for your reference.