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Requested **17/05/2018**
Collected **26/05/2018 09:57 AEDT**
Received **26/05/2018 09:59 AEDT**

25 Hydroxy Vitamin D

Test Name	Result	Units	Reference Interval
● 25-OH Vitamin D	48 L	nmol/L	50 - 150

Comments

Low 25-hydroxyvitamin D levels may be due to poor diet, lack of sunlight exposure and disorders causing malabsorption.
While the lower limit of the population reference range is 50 nmol/L higher levels are desirable.

This result has been obtained using the Diasorin Liaison automated assay to measure 25-OH vitamin D.

According to the Position Statement 'Vitamin D and health in adults in Australia and New Zealand' MJA, 196(11):1-7, 2012, vitamin D status is defined as:

Vitamin D adequacy: >49 nmol/L at the end of winter
(levels may need to be 10-20 nmol/L higher at the end of summer, to allow for seasonal decrease.)
Mild vitamin D deficiency: 30-49 nmol/L
Moderate vitamin deficiency: 12.5-29 nmol/L
Severe vitamin D deficiency: < 12.5 nmol/L

EA

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