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Requested **29/04/2022**

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## 25 Hydroxy Vitamin D

Test Name	Result	Units	Reference Interval
25-OH Vitamin D	74	nmol/L	50 - 150

### Comments

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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