



### Hormone Evaluation

Version: 3.0.0.002

<i>Test nr.</i>	<i>Collected</i>	
<i>Patient Name</i>		<i>Practitioner Name</i>
<i>Patient nr.</i>		<i>Practitioner Address</i>
<i>DOB</i>	<i>Sex</i> Male	
<i>Received</i>	<i>Tested</i>	

Test Name	Result	Units	Range
Vitamin D, 25-OH, D2	<4	ng/mL	<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3	31	L ng/mL	32-100 ng/ml ( 80-250 nmol/L)
Vitamin D, 25-OH, Total	31	L ng/ml	32-100

### Therapies

None Indicated



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**Lab Comments**

Vitamin D3 is lower than the range which many experts consider normal (32-100 ng/ml) or optimal for health (50-80 ng/ml). Vitamin D deficiency has been closely associated with a wide range of conditions and diseases, which include cardiovascular disease, stroke, osteoporosis, osteomalacia, cancer, and autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, and diabetes (types 1 and 2) (for review see: Holick MF. NEJM 357: 266-281, 2007). Lack of adequate sunlight resulting from geographical location (northern climates), excessive clothing, working indoors during daylight hours, purposely avoiding sunlight with clothing and sunscreens, and aging of the skin contribute to low vitamin D levels. Vitamin D3 may be increased by eating foods high in D3 (fish), exposing the skin to sunshine without sunscreen during mid-day for 15-20min (latitudes below Boston, MA), use of a UVB light, and/or supplementation with Vitamin D3.