



## CURE VIBE BEAU

**Name – Rohit Sharma**

**Email - rohit145sharma@gmail.com**

**Age – 25 Years**

**Date - 30<sup>th</sup> October, 2021**

**Test Name - VITAMIN D 25 - HYDROXY**

**Time of Test – 4:05 PM IST**

S . No	Lab Test Name	Tested Value	Optimal Level
1	VITAMIN D 25 - HYDROXY	27.8 nmol/L	75.0 nmol/L

### Interpretation Table

Level	Reference range (nmol/L)	Comments
<b>Deficient</b>	< 50	High risk for developing bone disease
<b>Insufficient</b>	50-74	Vitamin D concentration which normalizes Parathyroid hormone concentration
<b>Sufficient</b>	75-250	Optimal concentration for maximal health benefit

Note :

- The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D.
- 25 (OH)D is influenced by sunlight, latitude, skin pigmentation, sunscreen use and hepatic function.
- Optimal calcium absorption requires vitamin D 25 (OH) levels exceeding 75 nmol/L