**Why Have a Vitamin D Test?**

It is well known that Vitamin D is required for bone health but recent studies are showing that it has many other functions in the body and is essential for a healthy immune system.

My passion in prevention rather than cure and I believe that Vitamin D plays an important part in this. For those of us that live in the northern hemisphere we unfortunately do not get much sunshine. As Sunshine is the main way that our body obtains Vitamin D it can be very likely that we are deficient in this essential Vitamin.

However, Vitamin D is a fat soluble vitamin and can therefore accumulate in the body. Because of this, too much can be toxic and it is for this reason that before supplementation of Vitamin D that I recommend testing. This allows me to see what your Vitamin D levels are, whether supplementation is recommended and if so what level of supplementation should be undertaken.

It is a simple pin prick test that takes no more than 15 minutes to undertake.