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Activation Code: 191-10-7843691  
Sample Date: 27th Mar 2025



# Vitamin D Test

AT-HOME HEALTH CHECK  
Optimise your health and wellbeing

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**BetterYou<sup>®</sup>** 

Certified  
  
Corporation



# Hello, Ethan,

Congratulations on taking this important step to improving your health.

Information is power after all. Understanding your current level allows you to direct your focus to achieve optimal results and a better health outcome.

## Results at a glance

Date: **8th April 2025**

Test: **Vitamin D**

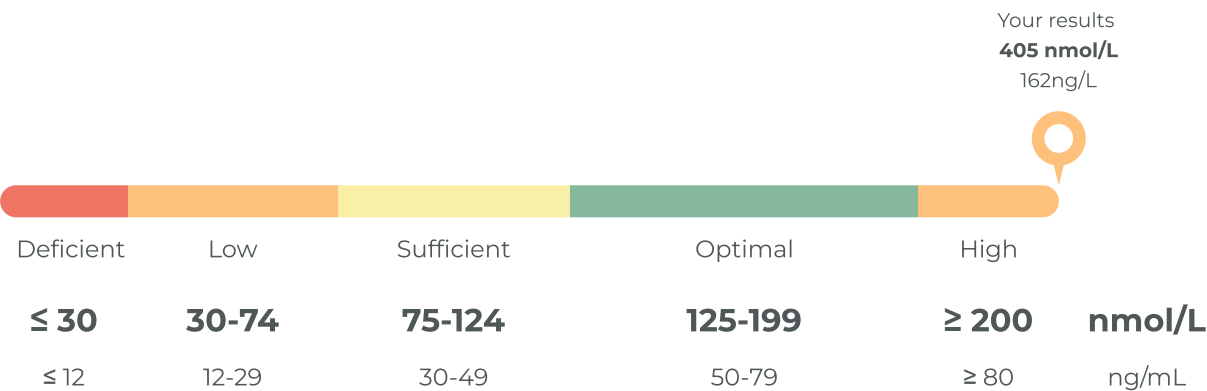
Result:

**405** (nmol/L)

High

## Vitamin D Result

Your vitamin D result reflects your current levels.



Your D<sub>3</sub> Result: **405 nmol/L** (or 162 ng/mL)

Your D<sub>2</sub> Result: **0 nmol/L** (or 0 ng/mL)

# What to do?

It is a challenge to get **adequate levels** of vitamin D from diet and sunshine alone. A nutritional supplement is the best way to achieve and maintain healthy levels. We recommend the **D<sub>3</sub>** form of vitamin D, as this is best used by the body

If your level is considered below or above optimal you may benefit from a controlled period of higher or lower vitamin D intake. This is called a loading dose.

Based on your results, we recommend the following **loading dose**:

Your recommended loading dosage: **0** IU\* Result: **High**

**As your result is considered 'High' we recommend pausing your current supplementation routine for one month and returning to your maintenance dosage of 800 IU.** The maintenance dosage is your recommended dosage to maintain **but not to elevate** your vitamin D level.

**\*Note that this is a general recommendation based on your result alone, it does not account for age, BMI, existing medical conditions etc. For a more personalised dosage level please contact the BetterYou team, your doctor or a nutritionist.**

## Important note for children:

Do not supplement if child is consuming more than 500ml of formula a day unless advised by your healthcare professional.

# Dosage Calculator

Your weight (KG)	Your recommended daily maintenance dose (iu)	Deficient <30nmol/L	Low 30-74nmol/L	Sufficient 75-124nmol/L	Optimal 125-199nmol/L	High >200nmol/L
Infant (<10kg)	400	4	3	2	1	0 Pause
10-14	400					
15-24	800					
25-49	1,000					
50-74	2,000					
75-99	3,000					
100+	4,000					
Pregnancy/BF	3,000					

## How we've calculated your recommendations

Find your weight and match it with your vitamin D result. The figure within the coloured band indicates the multiple of daily dosage required to reach your optimal level. The multiple is the level you should multiply your daily maintenance dose by. We recommend this multiple is to be taken for a single month, then you should return to your daily maintenance dose.

**For example: a 75kg person with a ‘low’ result would require a loading dose of 3 x 3,000IU (9,000IU) per day for a month.**

## Associated factors

These are changes you can make to your lifestyle to improve your current vitamin D levels -

Key:

Increased



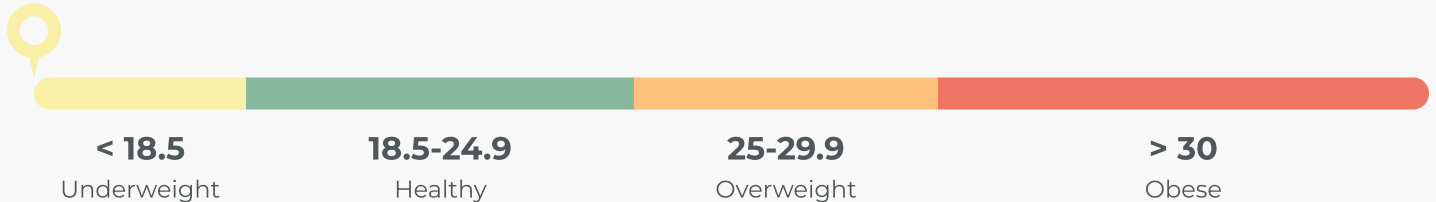
Moderate



High



### BMI



Body Mass Index (BMI) is a useful test which uses your height and weight to work out if you are a healthy weight, or whether you should increase or lose weight.

Studies have shown a correlation between obesity and vitamin D deficiency. The amount of vitamin D a person requires can vary as much as **3 times** depending on weight.

**Please note: A healthy BMI is between 18.5 and 25, but does not consider age, sex, pregnancy, fat content or muscular build. Approximately 75% of the UK population are considered overweight.**

### Sunlight

Our bodies are designed to produce vitamin D upon our skin's unprotected exposure to direct sunlight. In the UK however the sun is too low in the sky from **October to March** to allow this to happen. Our increasingly internal lifestyles, clothing coverage and sunscreen usage means that vitamin D supplementation is a yearlong recommendation.

### Dietary intake

Few foods naturally contain vitamin D, and most of which contain only very small amounts. Some of the best sources of vitamin D<sub>3</sub> include:

- Oily fish (trout, salmon, tuna, sardines, mackerel) = **Moderate level (~200-600 IU)**
- Fortified sources (milk (cows, almond, oat), cereals, tofu) = **Low level (~100 IU)**
- Egg yolks = **Low level (~40 IU)**

## Factors to consider

There are certain factors that affect your vitamin D levels that are not in your control. It's important to be aware of these when reading your results.

### Key:

Increased



Moderate



High



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### Supplements

Certain supplements can have an influence on vitamin D levels. Please contact your doctor or health professional for advice.

Refer to **Other Information** for more details.



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### Skin Tone

The darker your skin tone, the more sunlight exposure and intensity you require for your body to produce vitamin D.



# Other information

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## Supplements

- vitamin d
-

## Next steps

The BetterYou Customer Experience Team will issue your voucher code to redeem your free vitamin D oral spray within 2 working days of receiving your results.

If you have any questions regarding your results or need assistance redeeming your free oral spray, please contact the team at [wecare@betteryou.com](mailto:wecare@betteryou.com)

Please note that maintenance dose guidance is a general recommendation based on your result alone. It does not account for existing medical conditions that may influence recommendations. For a more personalised dosage recommendation please contact the BetterYou team or contact your doctor or medical advisor.







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