Biolab Medical Unit

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Biolab reference: VFSE/XXXX/L19
Date: 19-12-2019
Your reference:
Doctor:

Patient: SAMPLE REPORT
DOB: 12-07-1979
Sex: FEMALE
Sample Date: 19-12-2019

Plasma and Red Cell Elements

Element	Result	Units	Reference interval
Plasma:			
Calcium	2.21	mmol/L	2.10 - 2.60
Chromium	6.4	nmol/L	6.2 - 33.4
Copper	14.3	µmol/L	12.5 - 25.0
Iron (Female)	17.2	µmol/L	10.7 - 32.0
Magnesium	0.75	mmol/L	0.70 - 1.00
Manganese	12.1	nmol/L	9.0 - 40.0
Selenium	0.92	µmol/L	1.00 - 1.90
Zinc	9.8	µmol/L	11.5 - 20.0
Red Cells:			
Red Cell Magnesium	1.87	mmol/l	2.08 - 3.00

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Sample	Test	Result	Units	Reference interval
URINE	IODINE/CREATININE RATIO[1]:			
URINE	IODINE	78	µg/L	100 - 199
URINE	CREATININE	4.6	mmol/L	
URINE	IODINE/CREATININE RATIO	0.13	mmol of iodine per mole of creatinine	
[Reference interval 0.16 - 0.42 mmol of iodine per mole of creatinine]				
SERUM	C-REACTIVE PROTEIN	1.4	mg/dL	<0.30

Urine iodine:creatinine ratio reference

1. Haddow JE, McClain MR, Palomaki GE, Hollowell JG. Urine iodine measurements, creatinine adjustment and thyroid deficiency in an adult United States population.J Clin Metab 2007; 92:1019-1022

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Reference: **VFSE/XXXX?L19**
Patient: **SAMPLE REPORT**
Clinician:
Clinician's reference:

DOB: **12/07/2019**
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Report printed: 19/12/2019

Vitamin D Profile

			Reference range
Vitamin D3 (cholecalciferol)	**43**	nmol/L	
Vitamin D2 (ergocalciferol)	**4**	nmol/L	(not present unless supplemental ergocalciferol has been consumed).
Total 25-hydroxy vitamin D	**47**	nmol/L (19 µg/L)	75 - 200 nmol/L (30 - 80 µg/L)

Comments:

Notes:

The serum concentration of 25-hydroxy vitamin D is the most sensitive and useful index of vitamin D status and correlates well with the plasma parathyroid hormone concentration and alkaline phosphatase activity. There is a two-fold seasonal variation in 25-hydroxy vitamin D in temperate regions of the globe.

For healthy subjects, with no medical condition and normal sun exposure, the serum reference interval for 25-hydroxy vitamin D is 75 – 200 nmol/L (30 – 80 µg/L).

The treatment target for subjects with medical conditions that may be associated with vitamin D deficiency is a serum range of 125 – 150 nmol/L (50 – 60 µg/L).

Vitamin D levels in supplemented individuals should be monitored carefully during the summer, when endogenous synthesis of vitamin D is at its maximum.

Vitamin D2, which is of plant origin, is the form contained in certain supplements. Total 25-hydroxy vitamin D can be taken as the sum of 25-hydroxy D3 and 25-hydroxy D2. Most subjects have very low levels of vitamin D2 in comparison to D3.

References:

1. Holick MF. Deficiency of sunlight and vitamin D. BMJ 2008;336:1318-1319.
2. Holick MF. Vitamin D and sunlight: strategies for cancer prevention and other health benefits. Clin J Am Soc Nephrol 2008; June 11.
3. Holick MF. Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease. Am J Clin Nutr 80:1678-1688S, 2004.
3. Mawer EB, Davies M. Vitamin D nutrition and bone disease in adults. Reviews in Endocrine & Metabolic Disorders 2001: 2; 153-164.
5. Morris HA. Vitamin D: a hormone for all seasons - how much is enough? Clin Biochem Rev 2004; 26: 21-32.