



Vitamin D Testing

91	VITAMINS					
92	Vitamin D, 25-Hydroxy	ng/mL	32.0	100.0	70.0	110.0
93	Vitamin B12	pg/mL	211.0	911.0	800.0	1500.0
94	Folate	ng/mL	5.4	-	5.4	-

Form Tested: Vitamin D, 25-Hydroxy ng/mL

- ❖ **Lab Range:** 32.0 - 100.0
- ❖ **Optimal Range:** 55.0 - 100.0

Deficiencies From: lack of sunlight, excess stress (cortisol)

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Conditions That Affect Vitamin D Requirement

- ✓ Body weight
- ✓ Skin color
- ✓ Age
- ✓ Where you live
- ✓ Sun exposure
- ✓ Do you use sunscreen
- ✓ Chronic illness
- ✓ Autoimmune disease



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Vitamin D Action Plan



Optimal Range: 60.0 -100.0

Rough guidelines - if in doubt be sure to consult primary provider.

- ✓ **Vitamin D <20:** Take 20,000 IU every day for a week or up to a month, then 10,000 IU for 2 months, then retest
- ✓ **Vitamin D 20 - 30:** Take 10,000 IU for 3 months, then retest
- ✓ **Vitamin D 30 - 40:** Take 6,000 IU for 3 months, then retest
- ✓ **Vitamin D 40 - 60:** Take 2,000 - 4,000 IU per day for 3 months, then recheck
- ✓ **Vitamin D 60 or above:** If you live in a northern climate, take 1000 - 2000 until spring and on days that you don't get out in the sun for at least 30 minutes. Retest in 4 - 6 months. If you get regular sun exposure in a warm climate throughout the winter, continue what you're doing and retest in 3 months.

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Vitamin B12 / Folic Acid

- ✓ MCV +
- ✓ MCH +
- ✓ MCHC +
- ✓ Iron +
- ✓ RDW +
- ✓ WBC -
- ✓ RBC -
- ✓ Hematocrit -
- ✓ Hemoglobin -
- ✓ Homocysteine +
- ✓ Uric Acid -

Methylmalonic Acid

The best way to determine Vitamin B12 levels. If high, there is insufficient Vitamin B12 to break down this neurotoxin.



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Vitamin B6

- ✓ AST - ✓ MCHC -
- ✓ Alt - ✓ RDW +
- ✓ GGT - ✓ RBC -
- ✓ Iron + ✓ Hematocrit -
- ✓ MCV - ✓ Hemoglobin -
- ✓ MCH - ✓ Alkaline Phosphatase



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Vitamin C

- ✓ Hematocrit -
- ✓ Alkaline Phosphatase +
- ✓ RBC +
- ✓ Hemoglobin -
- ✓ Hematocrit -
- ✓ MCV +
- ✓ MCH +
- ✓ MCHC +



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