



Amanda Lowry

Your test results

## Vitamin D Check

### Summary

Congratulations on taking the Vitamin D Check which puts you in control of your health data!



i-screen

Collection Date: 06 Feb 2025

## Vitamin D

Your vitamin D levels are within the normal range and don't indicate a deficiency. Typically we like to see vitamin D levels up above 75 nmol/L.

### Vitamin D 74 nmol/L

Although called a vitamin, vitamin D (25-OHD) is actually a steroid hormone which is activated by sunshine on the skin. It is essential for bone strength as it helps the intestines absorb calcium.



## Recommendations

### Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. A copy of your lab report is attached for your reference.

### Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare. However, they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. If you have a medical condition or take regular medication, it is important to speak to your medical practitioner before making significant changes to your diet or taking supplements. A copy of your lab report is attached for your reference.