

## Vitamin D Lab Tests – why they are important rather than guessing.

The correct test is 25(OH)Vit D, (25-hydroxyvitamin D)

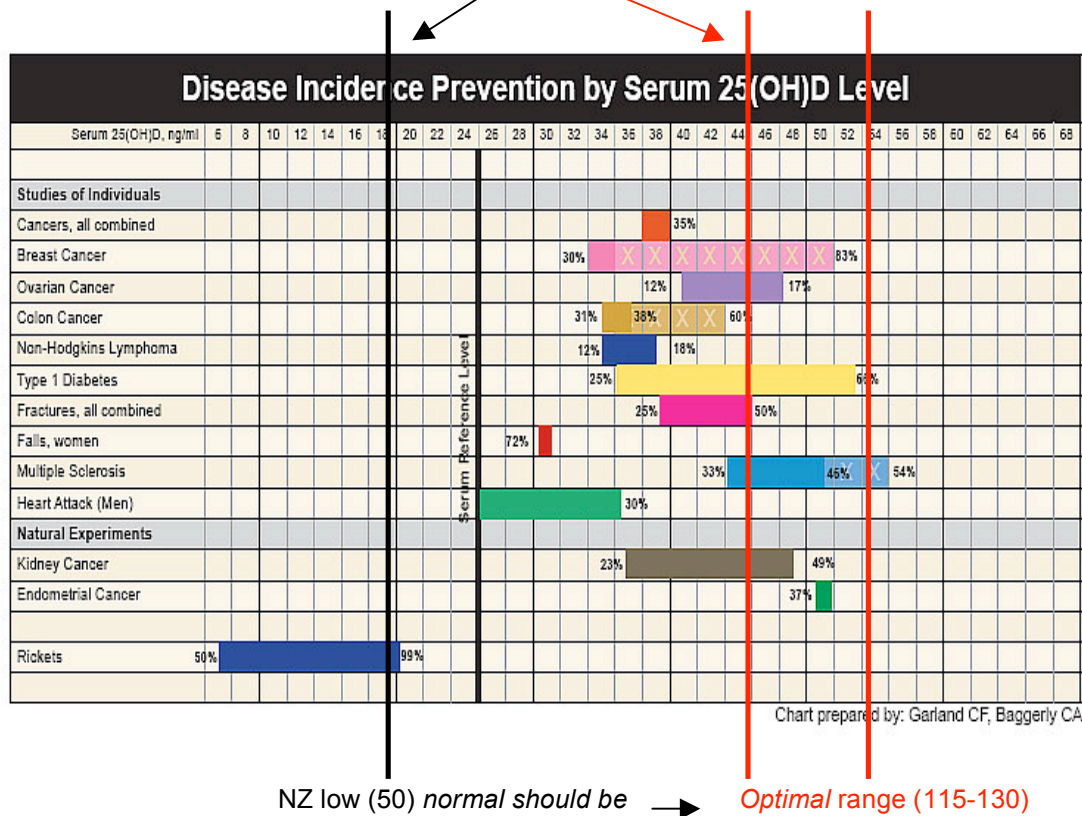
### Optimal Values vs 'Normal'

Please note the difference between normal and optimal. You don't want to be average here; you want to be *optimally* healthy.

More recent studies into vitamin D status and its effects on health and reduced disease risks have confirmed the necessity for higher values.

According to many world experts -

<p><b>Preferred <u>OPTIMAL</u></b>  <b>25-Hydroxyvitamin D3 Values</b>  <b>115-130 nmol/l (NZ)</b>  <b>45-50 ng/ml (US)</b></p>	<p><b>Existing <u>NORMAL</u></b>  <b>25-Hydroxyvitamin D3 Values</b>  <b>50-200 nmol/l (NZ)</b>  <b>20-80 ng/ml (US)</b></p>
<p><b>Your vitamin D level should NEVER be below 80 nmol/l.</b>          Any levels below 50 nmol/l may be considered serious deficiency states and will increase your risk of breast and prostate cancer and autoimmune diseases like MS and rheumatoid arthritis.</p>	



This graph is in US ng/ml. To convert to NZ values multiply by 2.5 .

25 ng/ml (US) line is approx 60 nmol/l (NZ) ie low normal. **No disease prevention.**  
 50 ng/ml (US) line is approx 125 nmol/li (NZ) ie upper normal. **Disease prevention.**

So, if you are in the low *normal* NZ range you have more risk of these diseases. To be outside the risks you should be up in the **115-130** (NZ range) at least. Our lab values say anywhere in 50-200 is OK. I find most people tested are between 30-70. That's **NOT** good. Normal isn't optimal !