

Test Results



8605 SW CreekSide Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636
info@zrtlab.com www.zrtlab.com

D2017 09 22 002 B

Samples Arrived: 09/22/2017
Date Closed: 09/22/2017

Samples Collected:

Blood Spot: 09/20/17 08:30



Ordering Provider:

Getuwell
8605 SW Creekside Pl
Beaverton, OR 97008

Vida M Dee
2 Suns Dr
Beaverton, OR 97007

Menses Status: Hysterectomy (ovaries removed)
Gender: Female

Last Menses: Unspecified
DOB: 8/4/1959 (58 yrs) Patient Ph#: 555 555 5555

BMI: 30.0
Height: 5 ft 4 in
Weight: 175 lb
Waist: Unspecified

Test Name	Result	Range
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Blood Spot

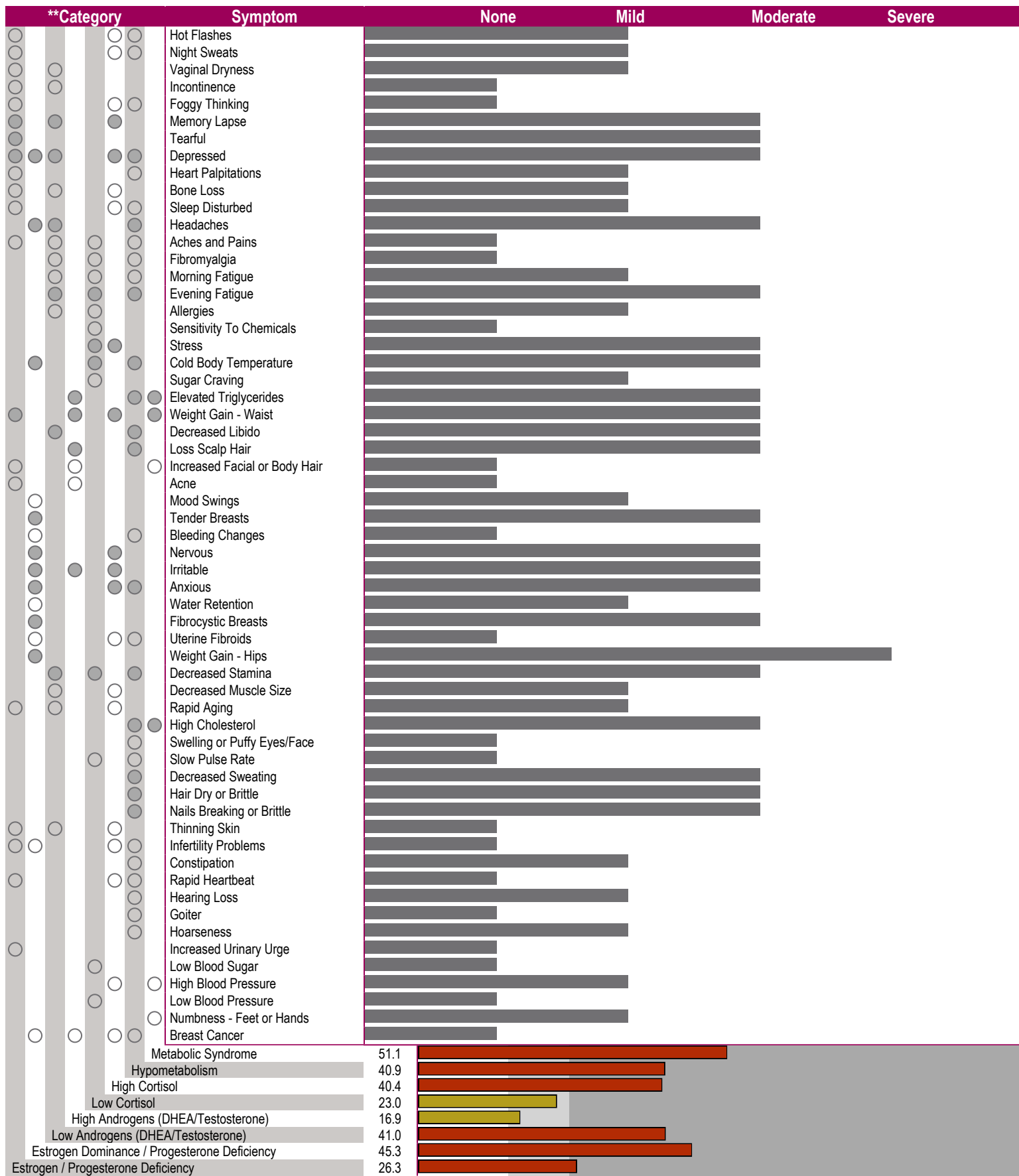
Vitamin D, 25-OH, D2	<4	<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3	17 L	32-100 ng/ml (80-250 nmol/L)
Vitamin D, 25-OH, Total	17 L	32-100

<dL = Less than the detectable limit of the lab.

N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit.

Therapies

0.625mg oral Premarin (conjugate estrogens) (Pharmaceutical) (1 Days Last Used); 400IU oral Vitamin D (unknown type) (OTC) (1 Days Last Used)



**Category refers to the most common symptoms experienced when specific hormone types (eg estrogens, androgens, cortisol) are out of balance, i.e., either high or low.

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava
David T. Zava, Ph.D.
(Laboratory Director)

AD McAllister, ND
Alison McAllister, ND
(Ordering Provider unless otherwise specified on pg1)

CLIA Lic # 38D0960950
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Lab Comments

Despite Vitamin D supplementation, the level of blood Vitamin D3 is lower than the range which many experts consider normal (32-100 ng/ml) or optimal for health (50-80 ng/ml). This suggests insufficient Vitamin D supplementation to bring the level to optimal range. Vitamin D deficiency has been closely associated with a wide range of conditions and diseases, which include cardiovascular disease, stroke, osteoporosis, osteomalacia, cancer, and autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, and diabetes (types 1 and 2) (for review see: Holick MF. NEJM 357: 266-281, 2007). Lack of adequate sunlight resulting from geographical location (northern climates), excessive clothing, working indoors during daylight hours, purposely avoiding sunlight with clothing and sunscreens, and aging of the skin contribute to low vitamin D levels. Vitamin D3 may be increased by eating foods high in D3 (fish), exposing the skin to sunshine without sunscreen during mid-day for 15-20min (latitudes below Boston, MA), use of a UVB light, and/or supplementation with Vitamin D3.