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BETTER YOU. BETTER TOMORROW

VITAMIN D TEST

# Hello, Lauren,

Congratulations on taking this important step to improving your health!

Information is power after all. Understanding your current nutritional status allows you to direct your focus in order to achieve optimal results and a better health outcome.

## RESULTS AT-A-GLANCE

Let's take a look at your current Vitamin D levels.



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deficiency awareness

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# YOUR RESULTS

## VITAMIN D

Vitamin D (25-OH) provides the most accurate reading of your Vitamin D levels in the body and is calculated by adding the measured values of Vitamin D<sub>2</sub> and D<sub>3</sub>.

Your result  
65 nmol  
(26 ng/mL)



Your D<sub>3</sub> Result: 50 nmol/L (or 20 ng/mL)

Your D<sub>2</sub> Result: 15 nmol/L (or 6 ng/mL)

Your Vitamin D levels are **low**. It is recommended that you:

- Take nutritional Vitamin D<sub>3</sub> supplementation. Recommended maintenance dosages of Vitamin D<sub>3</sub> are included on the last page, however short term higher levels may be required to address low levels. Please contact your nutritionist for further advice.

To help vitamin D levels, you can also:

- Increase dietary intake of Vitamin D
- Reduce alcohol intake

Levels of Vitamin D within the 'optimal' range can bring health benefits, such as:-

- Maintenance of teeth, bones & muscular health
- Maintenance of a healthy immune system

Research also indicates optimum Vitamin D levels can help to reduce inflammation, improve heart health, mental health, improve gut microbial diversity and aid weight loss.

### Sunlight

One of the key sources of Vitamin D is sunlight; the body is able to manufacture Vitamin D upon exposure to direct sunlight and in its most active form- known as Vitamin D<sub>3</sub>.

**From April to September:** you may be able to get your required Vitamin D from sunlight, i.e. exposing your forearms, hands and lower legs for short periods.

**From October to March:** the sunlight is not strong enough in the UK for our skin to be able to produce Vitamin D and is an official government recommendation to take Vitamin D supplementation.

Your skin tone



DARK BROWN

The darker your skin tone, the longer you need sunlight exposure and at a higher intensity to produce Vitamin D. Due to this, people with darker skin tones are more likely to need Vitamin D from sources other than sunlight.

### Dietary intake

Few foods naturally contain Vitamin D, and most of which contain only very low amounts. Furthermore, certain food sources contain only the inactive (D<sub>2</sub>) form which then has to be converted by the body into the active (D<sub>3</sub>) form. Vitamin D is found in the following food sources:-

Oily Fish	trout, salmon, tuna, sardines, mackerel	Moderate	~200-600 IU
Fortified sources	milk (cows, almond, oat), cereals, tofu	Low	~100 IU
Egg yolks		Low	~40 IU

### Supplements

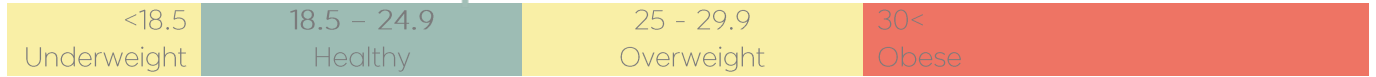
It is a challenge to get adequate levels of vitamin D from diet and sunshine alone, a nutritional supplement is an ideal way to achieve and maintain healthy levels. D<sub>3</sub> is the form best used by the body, so we always recommend that type. Vegan Vitamin D<sub>3</sub> supplements are available and are usually produced from a lichen source.



## OTHER FACTORS

### BMI

Your BMI = 22.4



Body Mass Index (BMI) is a useful test which uses your height and weight to work out if you're a healthy weight, or whether you should increase or lose weight. A healthy BMI is between 18.5 and 25 but does not take into account age, sex, pregnancy, fat content or muscular build.

### Age

Your Age = 35



As you age, your vitamin D levels naturally decline putting you at greater risk of a deficiency or low levels.

### Current Supplements

1. Multivitamin

### Other Factors

Female

Vegan

### Smoking

Cigarette smoke contains chemicals that lower the levels of Vitamins in the blood. This means that a higher amount of vitamin D is required in the blood to overcome this affect.

### Your Rating



### Alcohol

Alcohol can inhibit fat absorption which in turn impairs the absorption of fat-soluble vitamins such as Vitamin D. However, drinking in moderation as part of a healthy diet and lifestyle isn't considered to have a significant effect on long term vitamin levels.



Recommended maintenance dosages:-

Vitamin D<sub>3</sub>

Age (years)	Our Recommendations	Nutrient Reference Value (NRV)	Upper Limit (UL)
<1	400iu (10mcg) 100% NRV	340-400iu (8.5-10mcg)	1000iu (25mcg)
1-10			2,000iu (50mcg)
11-17	1,000iu (25mcg) 250% NRV	400iu (10mcg)	4,000iu (100mcg)
18-50			
>50			
Pregnant/Breast-feeding			

Short term higher levels may be required to address low levels. Age, BMI, sex, smoking, alcohol intake, dietary requirements, medical conditions and medications can affect nutrient levels and how much is required to maintain optimum levels. Please contact your nutritionist for further advice.