

### LABORATORY REPORT

|              |                                            |                 |                                  |
|--------------|--------------------------------------------|-----------------|----------------------------------|
| Name         | : KHALID HUSSAIN MUHAMMAD TUFAIL           | File. No.       | : AAL02-303637                   |
| DOB/Gender   | : 25-06-1982 (40 Yrs 10 Month 4 Days/Male) | Referral Doctor | : Self                           |
| Lab No.      | : 22231180204                              | Referral Clinic | : Peshawar(Irham Medical Center) |
| Request Date | : 28-04-2023 14:12                         | Clinic File No  | : 39977                          |
| Insurance    | : No                                       |                 |                                  |

### CLINICAL BIOCHEMISTRY

| Test Name             | Result | Units | Ref. Range                                                                                                          | Method |
|-----------------------|--------|-------|---------------------------------------------------------------------------------------------------------------------|--------|
| 25-OH Vitamin D Total | 47.70  | ng/mL | Deficiency: < 10<br>Insufficiency: 10-30<br>Sufficiency: 30-50<br>Optimal: 50-100<br>Excess: >100<br>Toxicity: >150 | CMIA   |

Vitamin D3 and Vitamin D2 are the most abundant forms of Vitamin D in the body. Vitamin D3 is synthesized in the skin from 7-dehydrocholesterol in response to sunlight. The best nutrition sources of D3 are oily fish primary salmon and mackerel. Vitamin D2' nutrition sources are from some vegetables, yeast and fungi. The vegetarian diet is abundant in Vitamin D2.

Vitamin D (D3, D2 and metabolites) is converted to 25-hydroxyvitamin D in the liver. The measurement of 25-OH vitamin D concentration in the serum or plasma is the best indicator of vitamin D nutritional status.

Vitamin D deficiency is commonly treated with vitamin D2 or D3 medications. Fortified foods and nutrition supplements may contain either form

Sample Type : Serum

----- End Of Report -----

These tests are accredited under ISO 15189:2012 unless specified by (\*)

Sample processed on the same day of receipt unless specified otherwise.

Test results pertains only the sample tested and to be correlated with clinical history.

Reference range related to Age/Gender.

**Dr. Solmaz Siddiqui**  
Laboratory Director  
DHA/LS/248469

H/L Collected On : 28-04-2023 11:00:00  
Authenticated On : 28-04-2023 15:53:18  
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*Wasik*

**Wasik Hasan Tisekar**  
Laboratory Technician  
DHA-P-0039673