LABORATORY REPORT

Name	: **ANASTASIYA BIASSONAVA**	File. No.	: **AAL02-347946**
DOB/Gender	: **11-04-1988 (35 Yrs 5 Month 17 Days/Female)**	Referral Doctor	: **Self**
Lab No.	: **22232710123**	Referral Clinic	: **Peshawar(Irham Medical Center)**
Request Date	: **28-09-2023 12:17**	Clinic File No	: **37218**
Insurance	: **No**		

CLINICAL BIOCHEMISTRY

Test Name	Result	Units	Ref. Range	Method
25-OH Vitamin D Total	**19.50** L	ng/mL	Deficiency: < 10 Insufficiency: 10-30 Sufficiency: 30-50 Optimal: 50-100 Excess: >100 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

Remarks:

Test result to be interpreted in the light of clinical history and to be investigated further if necessary.

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 : 28-09-2023 10:00:00 Received On : 28-09-2023 12:23:00
Authenticated On : 28-09-2023 15:59:09 Released On : 28-09-2023 16:43:53
Printed On : 28-09-2023 16:48:33

Padmapriya Kumareshan
Sr. Technician
DHA/LS2992011/243822