



**TEST ID:** Vitamin D (25-OH)  
**DESCRIPTION:** Total 25-Hydroxyvitamin D

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#### CLINICAL USE

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Diagnosis of vitamin D deficiency. Vitamin D plays an important role in the metabolism of calcium. Decreased serum levels can interfere with bone development and strength, while elevated levels can be toxic. Consequently, the serum level needs to be determined and monitored to effectively provide dietary supplementation or treatment. More recently, low vitamin D has been associated with non-skeletal disorders such as, CVD, diabetes, allergies, celiac disease, and IBS.

#### SPECIMEN INFORMATION

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##### COLLECTION

Full Gold Top SST Tube (use serum collection tube in collection kit)

##### SPECIMEN STABILITY

Must be received within 24 hrs (Optimal) to 48 hrs of collection.

##### REJECTION CRITERIA

Hemolyzed, storage beyond temp/time limits, or plasma submitted

#### METHOD

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Enzyme immunoassay (EIA)

#### RESULT INTERPRETATION

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(ng/mL)

**<10 Deficient:** High risk for vitamin D-associated bone diseases, as well as the possibility of increased risk for conditions associated with vitamin D insufficiency.

**10-29 Insufficient:** Associated with increased risk of cardiovascular disease, inadequate bone development, hypertension, type 2 diabetes mellitus, certain types of cancer, neurocognitive disorders, and immune system abnormalities.

**30-100 Sufficient:** Generally accepted range for an adequate level of vitamin D

**>100 Potential Toxicity:** Possibly related to excessive vitamin D supplementation

**Comment:** While the optimum level of vitamin D has not been firmly established, it is generally agreed that values within a range of 60-80 ng/ml are most consistent with good health.

#### CPT CODES

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Vitamin D (25-OH) 82306

#### REFERENCES

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Holick MF, Siris ES, Binkley N, et al: Prevalence of vitamin D inadequacy among postmenopausal North American women receiving osteoporosis therapy. *J Clin Endocrinol Metab* 2005;90(6):3215-3224

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Chapuy MC, Preziosi P, Maamer M, et al: Prevalence of vitamin D insufficiency in an adult normal population. *Osteoporos Int* 1997;7:439-443

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Plotnikoff GA, Quigley JM. Prevalence of severe hypovitaminosis D in patients with persistent, nonspecific musculoskeletal pain. *Mayo Clin Proc.* 2003;78:1463-1470.