

OPTIMAL VITAMIN D TEST

Discover & Optimize Your Vitamin D Levels

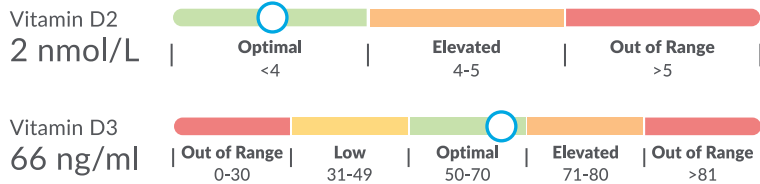


Getting
Better
Together™

Patient: Jane Doe
DOB: 03-29-1959
Height: 5' 4"
Weight: 183 lbs

Practitioner: Joey Labs
Lab #: 346790
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Vitamin D Markers



Summary

Vitamin D is a fat-soluble vitamin that helps your body absorb calcium and phosphorus. It is important for bone health, immune function, metabolism, hormones, and reducing inflammation. Vitamin D2 is the inactive form which needs to be converted to D3 for it to be active and bioavailable in the body.

Vitamin D is usually obtained from direct sunlight or supplementation and some food sources will have a small amount of the vitamin. The majority of the population is functionally deficient in the optimal amount of Vitamin D3 in the body, making testing important.

The level of Vitamin D2 on this test is below 4 and is considered optimal. There is no cause for concern when it is low.

Your Vitamin D3 is within the optimal range. This optimal level is supporting healthy function of the immune system, skin, bones and brain. If you feel that you still have symptoms, it is likely not related to functionally optimal levels of Vitamin D3.

Next Steps & Recommendations

Daily Nutritional Support

- Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. [View Product](#)

Daily Activated Multi-Vitamin

- EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. [View Product](#)

Optimal Vitamin D Test

- This test identifies potential Vitamin D deficiencies, so you can increase your intake and work toward strengthening your body's immunity, nervous system, and bone health. [View Product](#)

Summary

Vitamin D levels should be checked at least twice per year to ensure optimal levels. It should be checked during "winter" and during "summer" when sun exposure changes. You can increase or maintain proper levels of Vitamin D3 through direct exposure to sunlight or supplementation.

Co-factors (Vitamin K2, magnesium, calcium, zinc, etc) are needed for the proper absorption and utilization, which are easily obtained through the Daily Activated Multivitamin or Daily Nutritional Support. As we age we need more of the cofactors to help absorb Vitamin D3. If supplementing, take with a meal that includes fat to further improve absorption.

The level of active Vitamin D3 is optimal. Continue your current regimen during this season. If you are not taking the proper cofactors, consider adding the Daily Nutritional Support or the Daily Activated Multi-Vitamin to ensure optimal absorption and utilization of Vitamin D3. It is recommended to retest levels in 6 months to ensure optimal levels.

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.