

YOUR VITAMIN D

“ONE OF THE MOST WIDELY DISCUSSED TOPICS IN MEDICINE TODAY”

Your body has two types of vitamin D; vitamin D2 (ergocalciferol) is synthesized by plants, and vitamin D3 (cholecalciferol) is made by our skin when we are exposed to UVB rays from the sun. It is hard to get enough vitamin D from our food and during winter there is not enough sunlight in the UK to synthesize this vitamin.

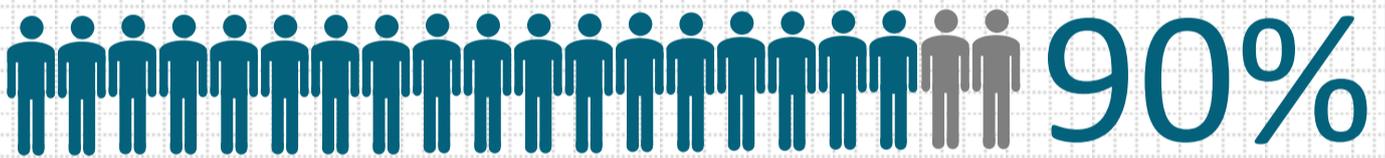


Vitamin D2



Vitamin D3

Up to **90%** of people in the UK are **vitamin D deficient** particularly during winter and spring and 16% are severely deficient. People at **risk** of having low vitamin D levels include **pregnant** and **breast feeding women**, children **under 5**, older people ages **65 and over**, those with **dark skin** or those who **cover their skin**.



Vitamin D is important for the absorption of **calcium** to maintain **strong bones**, which may help to reduce the incidence of **fractures** and slow the progression of osteoporosis. It also strengthens the **immune system**, increases **muscle strength** and may even **protect** against **hypertension** and, **psoriasis** and **autoimmune disease**.

What is a normal level of vitamin D?

Vitamin D status	Serum level (nmol/l)	Clinical significance
Deficient	Less than 25	Bone disease, increased infections
Inadequate	25-50	Weak bones (osteoporosis), poor muscle function
Possibly inadequate	50-75	Reduced body stores of vitamin D
Adequate	75 – 200	Adequate
High	200 - 500	Rare in nature and probably too high
Possible toxicity	500+	Calcium level in blood too high

How can we help? We **personalise** our service to you, advising you which tests you might be interested in based on your age and medical background. Our easy to use **home test kits** are analysed by **experts** and your results are uploaded to **your health profile** which you can view online at anytime. We can **advise** you on how to improve a score and help you track scores them so you can see your progress.

“Increasing your vitamin D levels could reduce your risk of fractures, increase muscle strength and support your immune system.”

Take control of your health with **StratifiedHealth**

