



VITALITY HEALTH CHECK

VHC Vitamin-D Testing and Individual Consultation for

Name: _____

Date: _____

Body Weight: ___ kg Body Height: ___ cm Age: _____ Sex: w / m / n

Current Vitamin-D-Supplementation: none

_____ Units Vitamin D per Day / Week

Further Information: _____

VITALITY HEALTH CHECK VHC Vitamin-D Test

By the VHC Vitamin-D test, levels of the storage form of vitamin D, known as 25-hydroxy vitamin D, are determined. This is the most relevant measurement in terms of your general primary care. An optimum vitamin D level increases your efficiency, stress tolerance and alertness; it has many preventive effects and increases your quality of life. On the other hand, vitamin D supplementation is associated with an increased risk of the occurrence of a variety of diseases. In many cases, optimizing vitamin D levels can have a positive effect on chronic disease progression. Below a concentration of 30 ng/ml, many specialists believe that long-term vitamin D deficiency can be detrimental to your health. They aim to target and maintain a 25-hydroxy vitamin D level of 40-60 ng/ml. In certain cases, it may be useful to aim for a higher level, such as for special performance requirements, self-healing, regeneration, disease prevention or therapy.

Vitamin D Report

Your VHC Vitamin-D measurement result: _____ ng/ml 25-(OH)-Vitamin D

	Class	Vitamin D Concentration		Interpretation ⁽²⁾
<input type="checkbox"/>	1	< 20 ng/ml	< 50 nmol/l	Critically low vitamin D level
<input type="checkbox"/>	2	21-30 ng/ml	52,5 – 75 nmol/l	Long-term vitamin D deficiency
<input type="checkbox"/>	3	31-40 ng/ml	77,5 – 100 nmol/l	Sufficient vitamin D level
<input type="checkbox"/>	4	41-60 ng/ml	102,5 – 150 nmol/l	Good vitamin D level
<input type="checkbox"/>	5	61-90 ng/ml	152,5 – 225 nmol/l	Very good vitamin D level
<input type="checkbox"/>	6	> 90 ng/ml	> 225 nmol/l	High vitamin D level

Sources: (1) Holick MF & Chen TC (2008); *Am J of Clin Nutr*, Vol87 No4 pp1080-6 (2) Worm N. Heilkräft D: systemed, Lünen. 2010

Note: As with many other medically relevant parameters, the vitamin D concentration measured on the day is just a snapshot and is subject to natural and individual fluctuations. It is therefore not the single measured value, but the class within which your vitamin D concentration is found that is important for prognosis.

Due to the central importance of vitamin D for health, performance and quality of life, we recommend checking your vitamin D levels each spring and autumn, in order to identify deficiencies at an early stage and, if necessary, to counteract them.



Individual Recommendations for Optimizing your Vitamin D Concentrations

Based on today's measurement result and your additional information, we created a personal recommendation for you how to optimize your vitamin D levels.

Based on your current level of _____ ng/ml 25-hydroxy-(OH)-Vitamin D

- It can be concluded that you have a good vitamin D supply.** If you have been taking Vitamin D on a regular basis or have found a way to get enough sun, keep it up to maintain your level.
- Your results show a deficiency** of _____ ng/ml, compared to a target level of _____ ng/ml required. According to a formula commonly used by experts, your body needs approximately _____ International Vitamin D Units (I.E.) to make up for this.

Recommendations to compensate for your vitamin D deficiency:

Depending on your body fat percentage, intestinal vitamin D intake efficiency and other factors, your additional need may be higher. Please allow us to reassess your vitamin D levels in about 2-3 months to check the success of adjusting your vitamin D level and, if necessary, provide you with an optimized recommendation to maintain the achieved level. Furthermore, the first and each subsequent control measurement may be supportive to optimize your individual recommendation for long-term maintenance or to identify the requirement for a new general adjustment.

Recommendation for long-term maintenance of your vitamin D level:

- Activation of vitamin D and regulation of its metabolism** requires to ensure that your body is supplied with sufficient amounts of some key vitamins and minerals within these processes.

Vitamin and mineral recommendations:

- Magnesium _____ important within the 2-steps of vitamin D activation
- Vitamin B2 _____ important within the 2-steps of vitamin D activation
- Vitamin K2 _____ important for vitamin D mediated transport of calcium into the bones and prevention of arteriosclerosis
- _____
- _____

Place, Date **Advised by**