



NEW TEST NOTIFICATION

25(OH) VITAMIN D TOTAL

Effective 3-27-17, Northern Plains Laboratory (NPL) is pleased to announce the addition of the Beckman Coulter Access 25(OH) Vitamin D Total assay to our in house test menu. This assay measures both 25(OH) vitamin D2 and D3, providing an accurate measurement of total vitamin D status.

Vitamin D exists in two primary forms, vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). Vitamin D3 is produced in the skin through the action of sunlight, while both vitamin D2 and D3 can be obtained from dietary sources or supplementation. In the body, vitamin D2 and D3 are converted to 25(OH) vitamin D which is the major circulating metabolite of vitamin D. Serum concentration of total 25(OH) vitamin D is considered the standard clinical measure of vitamin D status and reflects inputs from sources of both vitamin D2 and D3. There is currently debate over the optimal values of 25(OH) vitamin D in serum; however, many experts recommend that a level of ≥ 30 ng/mL provides optimal health benefits.

NPL Reference Range:

<u>Vit D Status</u>	<u>Vit D ng/mL</u>
Deficient	<20
Insufficient	20 to 29
Sufficient	30 - 100
Possible Toxicity	>100

Specimen: Spun gel serum separator tube or 0.5 mL serum in a Standard Transport Tube, refrigerated. If specimen will not arrive within 7 days of collection, send frozen. Also acceptable 0.5 mL of lithium heparin plasma

For questions and/or additional testing information, please contact NPL at 701-530-5700 or 1-800-645-1003.

Test Code	CPT Code	Test Name	Specimen Requirements	Reference Range
VD25	82306	Vitamin D, 25	0.5 mL serum or plasma (lithium heparin)	See above