

ZRT Vitamin D Sunshine Profile

Price: \$65.00

Short Description

ZRT Vitamin D Sunshine Profile includes (in blood spot):

25-OH D2, 25-OH D3, Total Vitamin D (Calcifediol, also known as calcidiol, 25-hydroxycholecalciferol, or 25-hydroxyvitamin D3)

Vitamin D deficiency can lead to hypertension, joint pain, muscle weakness, and even heart disease and stroke. This test measures both the biologically active (D3) and supplemented (D2) forms.

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Symptoms of Vitamin D Deficiency

Current research indicates Vitamin D deficiency plays a role in causing cancer, heart disease, stroke, autoimmune diseases, diabetes, osteoporosis and other health maladies.

Knowing your Vitamin D levels can help stave off later complications, including

- hypertension
- depression
- chronic pain
- muscle weakness
- muscle wasting
- joint pain

Vitamin D, also called "the sunshine vitamin", is a nutrient made in the body from exposure to the sun but also from some foods and supplements. While it is called a vitamin, it is actually a "pro-hormone" because it effects the health of so many parts of the body including bone, brain, immune, intestinal, kidney, liver, nerves, pancreas, parathyroid, prostate, and skin tissue.

What is included in the Canary Club Vitamin D Sunshine Profile?

This test checks the Vitamin D levels present in your bloodstream. It measures 25-hydroxy Vitamin D status, including both the biologically active (D3) and supplemented (D2) forms.

The lab will email you within 3-5 business days after they receive the samples for on-line access to your results.

What can you do if your results show you have a deficiency?

Get more Vitamin D from the sun!

When you spend time in the sun, a molecule in the skin is transformed into vitamin D3, the active component. By exposing both arms and legs to the sun for 10 minutes in the summer, one can absorb enough vitamin D per day, but this is generally only possible during the summer months. If you use sunscreen or have a dark complexion, you will need more time in the sun.

If you live in more northern latitudes (like most of North

America), the sun is at such an angle during the winter months that you cannot get enough sun exposure even if you stand outside all day in a bikini! Brrr...

Get Vitamin D from certain foods

Although food sources of Vitamin D cannot adequately supply your body with enough in one day, eating the following foods regularly can help maintain your levels within normal range in combination with sun exposure or supplementation.

- Egg yolk
- Shitake mushrooms
- Tuna, sardines, salmon and mackerel
- Cod liver oil
- Fortified dairy, dairy-alternatives, orange juice and cereals

Get Vitamin D from natural supplements

You can get your daily allotment of Vitamin D with vitamin supplements. Whole food, plant-based vitamins are preferable as they are the most easily absorbed and utilized by the body.

Test Includes

Lab	
ZRT	Yes
Other Hormones	
Vitamin D	Yes
Sample Type	
Blood Spot	Yes
Vitamins	
Vitamin D2	Yes
Vitamin D3	Yes