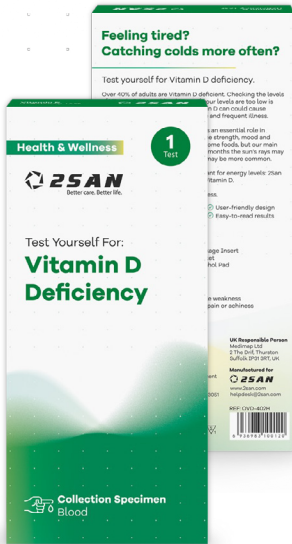


# Vitamin D Deficiency

FOR SELF-TESTING USE



## Feeling tired? Catching colds more often?

Over 40% of adults are vitamin D deficient. Checking the levels of vitamin D in your blood to see if your levels are too low is essential for good health. Low Vitamin D can cause symptoms such as low mood, fatigue and frequent illness.

Vitamin D is a vital nutrient that plays an essential role in maintaining the immune system, bone strength, mood and energy levels. Vitamin D is found in some foods, but our main source is sunlight. During the winter months the sun's rays may be weaker and vitamin D deficiency may be more common.

Iron and good thyroid function also play a role in energy levels: ZSan recommends these tests alongside the Vitamin D test.

-  **Result in 10 minutes**
-  **User friendly design**
-  **Easy-to-Read Results**

## Specification

<b>Intended Use</b>	Chromatographic immunoassay for semi-quantitative detection of 25(OH)D <sub>3</sub>
<b>Storage</b>	2-30°C
<b>Specimen Type</b>	Whole Blood

<b>Time to Result</b>	10 minutes
<b>Shelf Life</b>	2 years
<b>Sensitivity</b>	94.1%
<b>Accuracy</b>	93.8%
<b>Specificity</b>	92.0%

## Components

- 1 Test Cassette
- 1 Alcohol Pad
- 1 Capillary Dropper
- 1 Lancet
- 1 Buffer
- 1 Package Insert
- 1 Colour Card
- 11 Test Pack

## Procedure





- I.** Pull off and dispose cap of lancet
- II.** Clean fingertip with alcohol pad
- III.** Press the lancet against the fingertip
- IV.** Massage the pricked fingertip to obtain blood drop







- V.** Put capillary dropper in contact with blood and draw the blood to fill line
- VI.** Put the collected blood into the sample well
- VII.** Add 2 drops of the buffer
- VIII.** Wait for the coloured line and read results at 10 minutes – compare it to vitamin D Colour card



## Interpretation



25-OH Vitamin D Level	Reference Range (ng/mL)	Reference Range (nmol/L)
Deficient	0-10	0-25
Insufficient	10-30	25-75
Sufficient	30-100	75-250

**C**  **T**  **DEFICIENT**  
Two distinct coloured lines appear. Your vitamin D levels are very low.

**C**  **T**  **INSUFFICIENT**  
Two coloured lines appear. T is darker than 30 ng/mL and lighter than 10ng/mL. Your vitamin D levels are slightly low.

**C**  **T**  **SUFFICIENT**  
Two coloured lines appear. T is equal or lighter than 30 ng/mL. You have sufficient vitamin D.

**C**  **T**  **EXCESS**  
One coloured Control line appears in C region. Your vitamin D levels are high.

**C**  **T**  **INVALID**  
Control line fails to appear. Repeat the test.