

Vitamin D Blood Test

What is a Vitamin D test?

Vitamin D is essential for healthy bones and teeth. It also helps your muscles, nerves and immune system work normally. Your skin absorbs Vitamin D when exposed to sunlight. It is also found in certain foods like egg yolks and fatty fish. A Vitamin D test will measure how much Vitamin D is in your blood.

What do results indicate?

The results could indicate your levels are low, or may mean you have troubles absorbing Vitamin D from food sources. A lack of Vitamin D can also contribute to bone disorders.

Preparing for blood draw:

Get a good night's sleep and drink plenty of water. You may eat and drink as usual prior to test. Take your prescribed medications as usual, unless directed by your physician to do otherwise. If able, wear short sleeves for easy access.

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