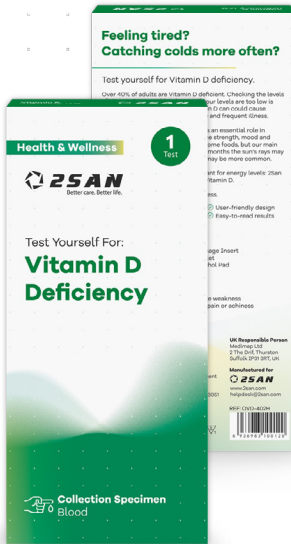


Vitamin D Deficiency

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: 2San recommends these tests alongside the Vitamin D test.

Result in 10 minutes

User friendly design

Easy-to-Read Results

Specification

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

Time to Result	10 minutes
Shelf Life	2 years
Sensitivity	94.1%
Accuracy	93.8%
Specificity	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

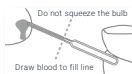


I. Pull off and dispose cap of lancet

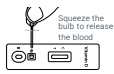
II. Clean fingertip with alcohol pad

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



DEFICIENT

Two distinct coloured lines appear. Your vitamin D levels are very low.



INSUFFICIENT

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



SUFFICIENT

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



EXCESS

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



INVALID

Control line fails to appear. Repeat the test.

Not available in the United States