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What is normal level for vitamin d blood test

Medical review by Deborah Weatherspoon, Ph.D., R.N., CRNA — Written by Jenna Fletcher on July 10, 2020 Normal LevelsFunctionDeficiencySources Overdose When to see a doctor Synthesis For most adults, a normal level of vitamin D in the blood is 20 nanograms per milliliter or higher. The amount of vitamin D a person needs per day depends on their age. The body depends on vitamin D for a variety of reasons, but it is especially important for bone health. In this article, we look at:normal levels of vitamin D for vitamin D is important signs of a deficiencysuch as increasing vitamin Dif too is possibleAccording to the Office of dietary supplements, the following are the minimum amounts of vitamin D that a person needs per day: People who are pregnant or breastfeeding also need 15 mcg or 600 IU of vitamin D per day. Doctors use blood tests to determine if someone has adequate levels of vitamin D. They measure vitamin D using one of the two measures: nanomoles per liter (nmol/l) or nanograms per milliliter (ng/ml). The following table provides crude ranges for low, normal and high levels of vitamin D for the average adult in nmol/ml and ng/ml. A person can talk to their doctor to get a better understanding of what blood test results mean. According to the US Department of Agriculture, vitamin D helps the body absorb calcium and phosphorus, both vital minerals for the construction of strong bones. Without adequate vitamin D, a person can develop soft, weak or fragile bones. This can causeas rickets in children, osteomalacia and osteoporosis in adults. Vitamin D also contributes to the health of muscles, nerves, brain and immune system. The evidence suggests that vitamin D can help prevent certain medical conditions, including some types of cancer. However, scientists are still trying to figure out how vitamin D can affect specific conditions. Research in its ability to influence diseases, such as diabetes, hypertension and multiple sclerosis, is in progress. People can get vitamin D from exposure to sunlight or, to a lesser extent, from food. If someone does not get enough vitamin D from these sources, they can develop a deficiency. Symptoms of a vitamin D deficiency can be subtle, but the classic symptoms are bone pain and muscle weakness. According to the US Department of Health and Human Services, some people are more at risk of developing vitamin D deficiency than others. This includes: infants based on diapers, such as human milk has a limited adult vitamin Dolder, which do not absorb vitamin D, younger adults with darker skin, which absorb less vitamin D from people who remain indoors for prolonged periods people with obesity, as fat cells bind to vitamin D and prevent it from entering the bloodstream. People can get at least one part of their daily vitamin D from exposure to sunlight. However, since light levels vary, depending on location and locationyear, a person may not be able to get all the vitamin D they need from sunlight. A 2019 study in Switzerland found that only 10-15 minutes of sun exposure per day was enough to provide 1,000 UI vitamin D in spring and summer. However, getting this amount in autumn and winter was unrealistic, which requires someone to spend over 6 hours a day outdoors. This suggests that people who live in colder climates, or who spend most of their time indoors, can benefit from vitamin D supplements. However, a person should talk to their doctor before taking vitamin D, as it can interact with some medications. Solar light can also cause damage to the skin and burns, so it is essential to use sun protection when spending time outside. A study of Australian employees found that the application of sunscreen meant that people could spend more time outdoors, leading to higher vitamin D levels overall. People can also get some of their vitamin D from food. According to the Food Supplements Office, vitamin D food sources include: oily fish, such as mackerel, tuna, and troutbeef liver Portobello mushroom of chicken breasts dietary products fortified cereals The study on Australian employees found that fish consumption, in particular, had a positive effect on vitamin D levels during the winter. A person can take too much vitamin D. Since vitamin D naturally occurs in a few sources of food, the most likely way a person can get too much vitamin D is by taking a high-strength supplement. According to a study, vitamin Dcan produce symptoms that include: recurrent vomitopolyuria, or increase in daily output of urineconfusionpolydipsia, or an abnormal increase in dolorosiapathyaddominal The higher limits for how much vitamin D a person has to take per day by age are as follows: A person should see a doctor if they notice symptoms of vitamin D toxicity. They can bring a list of any supplements they are taking for appointment to help with the diagnosis of the doctor. A person should also see their doctor if they notice symptoms of a lack of vitamin D. A doctor may do a physical examination, ask questions, or perform a blood test to see if the person has a deficiency. Normal vitamin D levels are 20 ng/ml or higher for adults. Persons aged between 1 and 70 years should aim to obtain at least 15 mcg or 600 IU of vitamin D per day. Those who are older or at risk for a deficiency may require more. Vitamin D is an essential nutrient for a variety of reasons, especially for bone health. A person often get enough vitamin D from sunlight, but if they are at risk for a deficiency, they can benefit from taking a supplement. Last medically reviewed on July 10, 2020OsteoporosisBlood / HematologyBones / Ortopedia / Diet Diet what is normal range for vitamin d blood test

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