

## — Vitamins, Minerals & Dietary Fatty Acids

### Vitamins

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are Vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate), Vitamin C, Vitamin D, Vitamin E, and Vitamin K.

Hide

— VITAMIN B12  
(pg/mL)

889

Range: 200-1100

#### VITAMIN B12

(pg/mL)

Vitamin B12 is part of the B complex of vitamins and measures the levels of vitamin B12 in the liquid portion of the blood, the serum or plasma, to detect deficiencies. Cobalamine, or vitamin B12, is ... [See more](#)



— FOLATE, SERUM  
(ng/mL)

12.4

Range: See Comments

#### FOLATE, SERUM

(ng/mL)

Folate is part of the B complex of vitamins and is measures the levels of folate in the liquid portion of the blood, the serum or plasma, to detect deficiencies. Folate is necessary for normal RBC formation, ... [See more](#)

#### Result Comments

Reference Range

Low: <3.4

Borderline: 3.4-5.4

Normal: >5.4