

— 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

COENZYME Q10(...
(ug/mL)

0.73

Range: >0.35

COENZYME Q10(COQ10)

(ug/mL)



Result Comments

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Cardiometabolic Center of Excellence at Cleveland HeartLab. It has not been cleared or approved by the U.S. Food and Drug Administration. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes. Coenzyme Q10 is a key component of the electron transport chain, which creates energy. It is also involved in antioxidant pathways, including the regeneration of the protective functions of Vitamin E. CoQ10 may interact with the anticoagulant (blood thinner) warfarin and the diabetes drug insulin, and it may not be compatible with some types of cancer treatment. For more information, visit <https://www.nccih.nih.gov/health/coenzyme-q10/>.

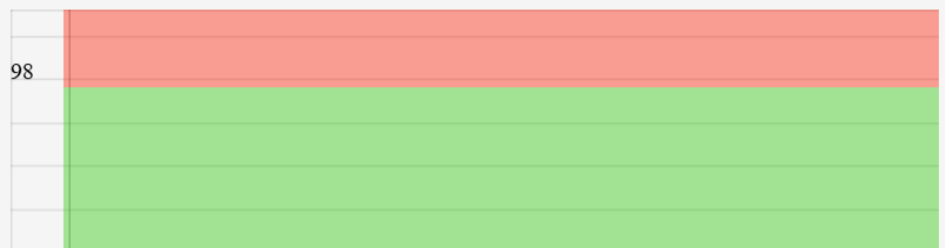
VITAMIN A (RETIN...
(mcg/dL)

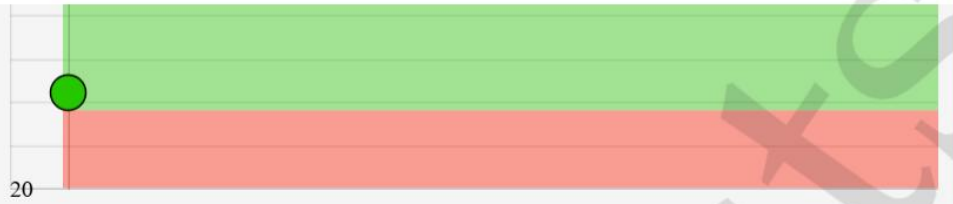
42

Range: 38-98

VITAMIN A (RETINOL)

(mcg/dL)





Result Comments

Vitamin A is critical for vision, growth, and many cell functions. High levels of Vitamin A are associated with bone fractures, and is also seen with renal failure, but is not associated with toxicity from excessive ingestion. Low concentrations of Vitamin A are consistent with fat malabsorption and are rarely due to inadequate diet.

For more information, visit <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

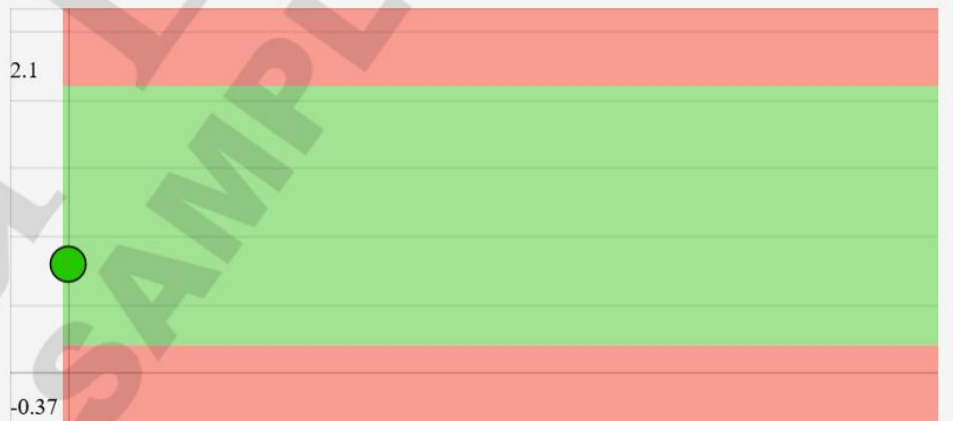
This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

VITAMIN C
(mg/dL)

0.8

Range: 0.2-2.1

VITAMIN C
(mg/dL)



Result Comments

Vitamin C is an antioxidant involved in connective tissue metabolism, drug-metabolizing systems, and to

regenerate other antioxidants. Clinical vitamin C deficiency causes scurvy; manifestations include impaired formation of mature connective tissue, bleeding into the skin, weakness, fatigue, and depression.

For more information, visit <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

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VITAMIN E, ALPHA... **15.1**
(mg/L)

Range: 5.7-19.9

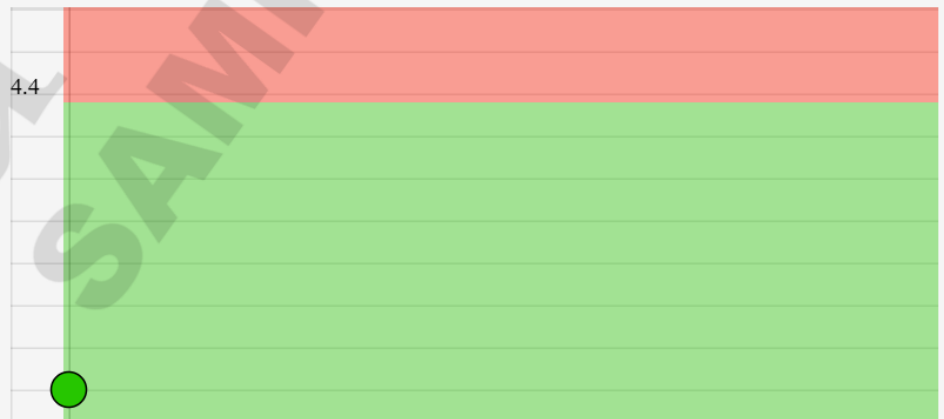
**VITAMIN E, ALPHA
TOCOPHEROL**
(mg/L)



VITAMIN E, BETA ... **<1.0**
(mg/L)

Range: <4.4

**VITAMIN E, BETA GAMMA
TOCOPHEROL**
(mg/L)



Result Comments

Vitamin E is used as an antioxidant and influences immune function. It helps to protect cell membranes from damaging oxidative stress. A clinical deficiency of vitamin E may cause motor and sensory neuropathy in adults. One likely cause of vitamin E deficiency is intestinal malabsorption, resulting from bowel disease, pancreatic disease, or chronic cholestasis. Other causes of malabsorption of vitamin E include celiac disease, cystic fibrosis, and intestinal lymphangiectasia.

For more information, visit <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>

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Uita Lab TESTS
SAMPLE RESULTS