

## — Vitamins & Minerals

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs:

- Vitamin A
- B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate)
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K

You can usually get all your vitamins from the foods you eat. Your body can also make vitamins D and K.

There are two kinds of minerals: macrominerals and trace minerals. Macrominerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

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### 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.

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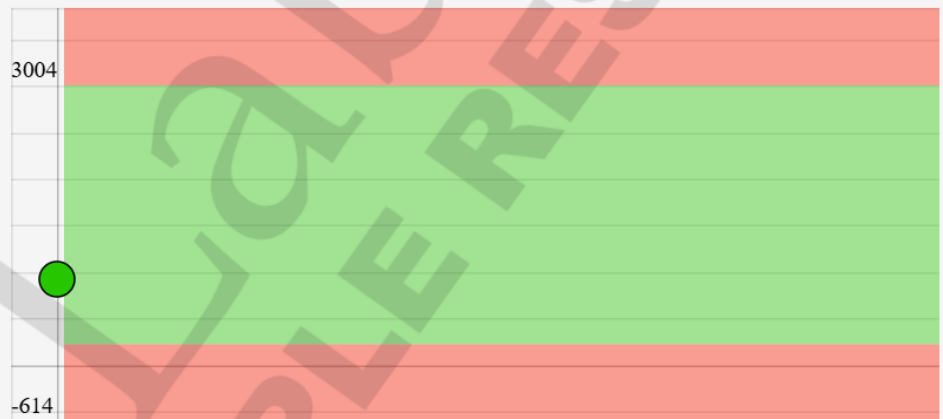
BIOTIN (VITAMIN ...  
(pg/mL)

920.4

Range: 221.0-3004.0

#### BIOTIN (VITAMIN B7)

(pg/mL)



#### Result Comments

##### Reference Range:

Pediatric < 12 yrs: 100.0 – 2460.2 pg/mL

Adult > or = 12 yrs: 221.0 – 3004.0 pg/mL

The performance characteristics of the listed assay was validated by BioAgilytix Diagnostics. The US FDA has not approved or cleared this test. The results of this assay can be used for clinical diagnosis without FDA approval. BioAgilytix Diagnostics is a CLIA certified, CAP accredited laboratory for performing high complexity assays such as this one.