

## — 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

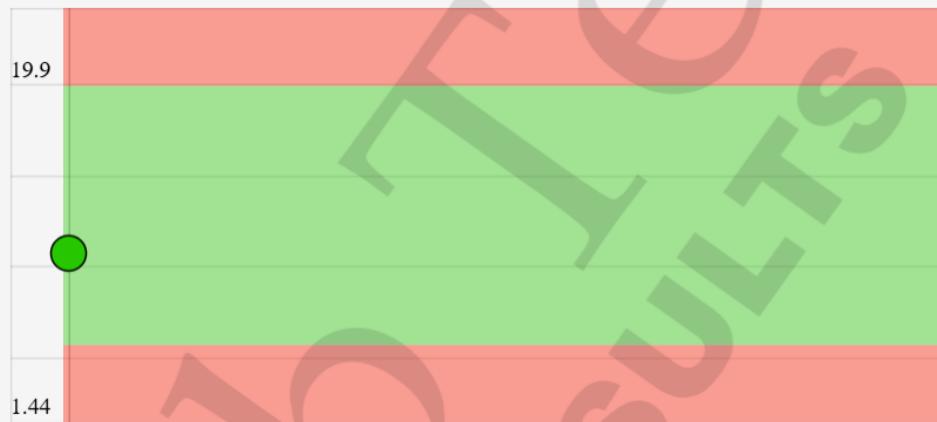
— VITAMIN E, ALPHA...  
(mg/L)

10.7

Range: 5.7-19.9

#### VITAMIN E, ALPHA TOCOPHEROL

(mg/L)



#### Result Comments

Levels of alpha-tocopherol <5 mg/L are consistent with Vitamin E deficiency in adults.

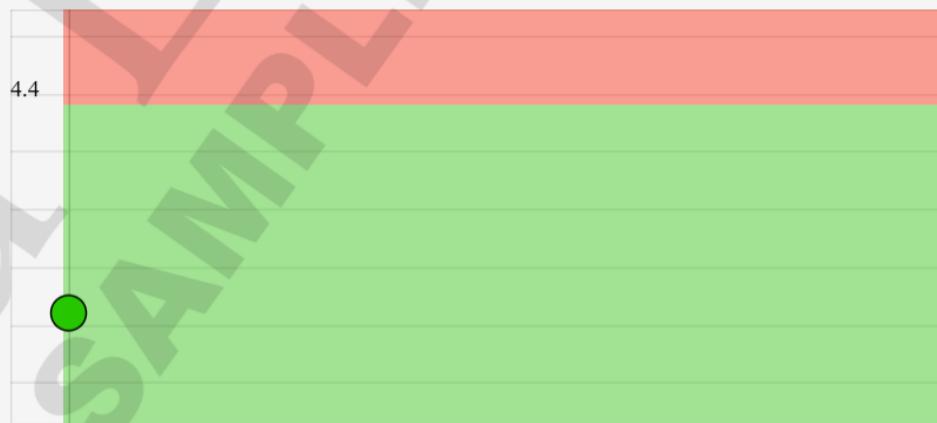
— VITAMIN E, BETA ...  
(mg/L)

2.6

Range: <4.4

#### VITAMIN E, BETA GAMMA TOCOPHEROL

(mg/L)



#### Result Comments

(Note)

Vitamin supplementation within 24 hours prior to blood

draw may affect the accuracy of results.

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics. 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.