

— 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 C
(mg/dL)

0.4

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/>

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.