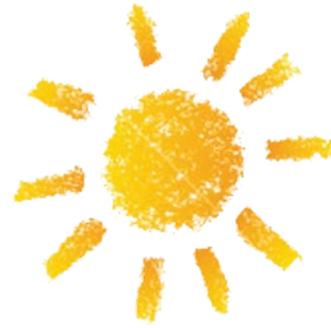




so easy you can
collect blood at home



When to Test

- ⚙ At the end of March or April, when vitamin D levels are typically at their lowest.
- ⚙ At the end of August or September, when vitamin D levels are usually at their peak.

Already taking vitamin D?

- ⚙ Check your D-Spot any time to see if your levels are in the optimal range.

Why Test?

It has been estimated that 37,000 deaths could be prevented every year if the Canadian average vitamin D level was 105 nmol/L.¹

7 out of 10 Canadians do not meet the suggested minimum vitamin D level for optimal health.²

1. Mol Nutr Food Res. 2010;54:172-74

2. Statistics Canada, Health Reports. Vol. 21, no. 1, March 2010.

D-Spot

a simple way to
test vitamin D



Canadians do not receive enough sunlight to make vitamin D for four to five months of the year.



Rocky Mountain Analytical
Changing lives, one test at a time

www.rmalab.com | info@rmalab.com

D-Spot

25-hydroxyvitamin D

Low vitamin D has been linked to:

- ▶ Anxiety
- ▶ Autoimmune disease (Lupus)
- ▶ Cancers
- ▶ Depression
- ▶ Diabetes - Type I and Type II
- ▶ Heart disease
- ▶ High blood pressure
- ▶ Multiple sclerosis
- ▶ Muscle pain and fatigue
- ▶ Osteoporosis
- ▶ Poor immune response

Vitamin D

essential for good health



D-Facts

- ⚙ 15 minutes of direct sunlight on exposed skin twice a week generally produces enough vitamin D to meet the body's needs.
- ⚙ Dark skin colour and advancing age both decrease vitamin D production.
- ⚙ Use of sunscreens can reduce vitamin D production by over 99%.
- ⚙ During winter months or when sun exposure is limited, vitamin D supplementation is recommended.

Ask your healthcare professional for a D-Spot and see if your vitamin D is in the optimal range.

The Test

Rocky Mountain Analytical measures Vitamin D* in a convenient dried blood spot you can collect at home, which saves you a trip to the laboratory!

The Results

We use the health information you supply to provide commentary specific to your health concerns. *Other laboratories only report a number.*

We provide a full colour report to your healthcare professional 7 to 10 days after receiving your D-Spot.

* as 25-hydroxyvitamin D, the standard serum test for vitamin D.

Trust the Results

Your test results are backed by our years of experience in medical laboratory testing. Rocky Mountain Analytical is accredited by the College of Physicians & Surgeons.

