

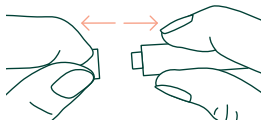
vitamin D rapid test

PLEASE NOTE: this leaflet must be used alongside the Instructions for use.

This self-test kit involves collection of a finger-prick blood sample, which can be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication for vitamin D deficiency.

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. Vitamin D deficiency occurs when the body doesn't get enough vitamin D from sunlight or diet. Vitamin D deficiency can cause loss of bone density, osteoporosis, broken bones and rickets in children. Vitamin D is sometimes called the sunshine vitamin because your body makes it from cholesterol when your skin is exposed to sunlight. Before your body can use vitamin D, your liver must change it into another form called 25 hydroxyvitamin D, or 25(OH)D. The Vitamin D Rapid Test measures the level of 25(OH)D in your blood in order to determine whether your body has deficient, insufficient, sufficient or excess levels of vitamin D in your blood to enable/prevent your body from working well.

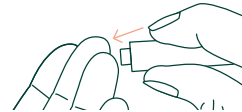
- 1** Remove the lancet cap.



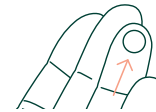
- 2** Clean the area to be pricked with the alcohol pad.



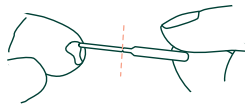
- 3** Squeeze the end of the fingertip and prick it with the sterile lancet.



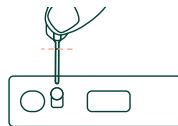
- 4** Massage downward to obtain sample.



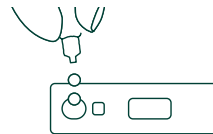
- 5** Use dropper to obtain the correct amount of blood to the fill line.



- 6** Squeeze the bulb to release the blood.



- 7** Add 2 drops of buffer into the buffer well.



MATERIALS PROVIDED

- Test cassette
- Capillary dropper
- Buffer
- Alcohol pad
- Lancet
- Plaster
- Product summary leaflet
- Instructions for use
- Colour card

MATERIALS NOT PROVIDED

- Timer

Scan for video
instructions and
results guidance



Understanding your vitamin D test results

Once you have collected your sample and performed your test, you must wait 10 minutes after applying your sample into the test cassette, before you read the results. From there, it's essential that you compare the test (T) line intensity with the "vitamin D colour card" provided with the kit to get an indication of the vitamin D level in your blood. **Do not interpret the result after 20 minutes.**

Symptoms of vitamin D deficiency include:

- Fatigue
- Poor sleeping
- Bone pain or ache
- Depression and/or anxiety
- Hair loss
- Muscle weakness
- Loss of appetite
- Frequent illness or infections

Read results at 10 mins.

 <p>Deficient</p>	<p>A result showing deficient vitamin D If your test result shows two coloured lines, where one is in the control region (C) and another should be in test region (T). The line intensity in the test region (T) is equal to Deficient line (0-10 ng/mL) on the colour card, it indicates vitamin D level is deficient.</p>	<p>What next? It is recommended you consider taking a supplement^{1,3}. There are lots of different types of vitamin D supplement and your pharmacist will be able to recommend the best one for you. During the summer and spring months, most people can make enough vitamin D by going out for short periods in the sun providing they have some skin exposed (e.g., forearms and lower legs). This might not be possible for some people, and you should always practice safe sun exposure, taking care not to burn in the sun. <i>Repeatedly abnormal results should be discussed with a doctor or medical professional.</i></p>
 <p>Insufficient</p>	<p>A result showing insufficient vitamin D If your test result shows two coloured lines, where one is control region (C) and another should be in test region (T). The line intensity in the test region (T) is equal to Insufficient line (10-30 ng/mL) on the colour card, it indicates vitamin D level is insufficient.</p>	<p>What next? Small changes to your lifestyle may help improve your vitamin D insufficiency. It is recommended that if you are not already taking a vitamin D supplement, you should consider starting one^{1,3}. There are lots of different types of vitamin D supplement and your pharmacist will be able to recommend the best one for you. During the summer and spring months, most people can make enough vitamin D by going out for short periods in the sun providing they have some skin exposed (e.g. forearms and lower legs). This might not be possible for some people and you should always practice safe sun exposure, taking care not to burn in the sun. You may want to consider taking a follow up test in 6 months' time to monitor whether there has been any improvement in your vitamin D levels.</p>
 <p>Sufficient</p>	<p>What if my result is sufficient? If your test result shows two coloured lines, where one line should be always in the control region (C) and one faint coloured line appears in the test region (T). The line intensity in the test region (T) is equal to Sufficient line (30-100 ng/mL) on the colour card, it indicates vitamin D level is sufficient.</p>	<p>What next? A sufficient level of vitamin D suggests your diet and lifestyle is at an optimum level for this vitamin. This may be because you are getting adequate exposure to sunlight or a supplement you are taking suits you well. Moving forward, ensure you're practising safe sun exposure and speak to your pharmacist if you are considering changing your supplementation. You may want to consider taking a follow up test in 6 months' time to monitor your levels of vitamin D for any changes.</p>
 <p>Excess</p>	<p>What if my result is excess? If only one coloured line appears in the control region (C) and no coloured line appears in the test region (T), it indicates vitamin D level may be excess. It is recommended to consult a physician.</p>	<p>What next? Vitamin D toxicity is almost always caused by taking too many supplements^{2,3}. If your levels are too high, you should reduce the amount of supplement you're taking in discussion with your doctor or a pharmacist. You may want to consider taking a follow up test in 6 months' time to monitor whether there has been any improvement in your vitamin D levels.</p>
 <p>Invalid</p>	<p>What if my result is invalid? If a control (C) line fails to appear, it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p>	<p>What next? We recommend that you take another test. If this problem persists, please contact our customer care team at care@myhealthchecked.com for further assistance.</p>