Vitamin D Normal range

UCSF Clinical Laboratories

MEMORANDUM

Date: February 12, 2015

To: All UCSF Providers

From: T.R. Hamill, M.D.
Director, UCSF Clinical Laboratories

Re: 25-OH Vitamin D Normal Range Change

Effective, February 18, 2015 the reference interval for serum levels of 25-hydroxyvitamin D (25-OHDP) will be changed from 30 - 100 ng/mL to 20 - 50 ng/mL for patients tested at Parnassus, Mt Zion, and Mission Bay. This change is consistent with recommendations and guidelines from the Institute of Medicine.

Note that the low end cut-off of 20 ng/mL is intended for use in the generally healthy population whereas a low end cut-off value of 30 ng/mL is considered to be more appropriate for use in patients with disorders of bone and mineral metabolism as discussed in the guidelines of the Endocrine Society.

Although values between 50 - 100 ng/mL are generally not considered harmful, there is no known benefit of values > 50, and values > 100 should be avoided because of possible risk of vitamin D toxicity.

Please keep in mind that the recommended test for vitamin D deficiency is 25-hydroxyvitamin D and not the more expensive and uncommonly needed send out test for 1,25 dihydroxyvitamin D.

Special thanks to Drs. Dan Bikle, Steve Harris, and their other colleagues in endocrinology for advice on vitamin D testing.

Tim Hamill, MD
Director UCSF Clinical Laboratories
Ph: (415)-353-1723
Pager: (415)-443-2271
Fax: (415)-353-4767
hamillt@labmed2.ucsf.edu