



Natural Solutions That Work  
DR. BRIAN McGUCKIN

# VITAMIN D TESTING

**Immune System Health, Mood, Bones, and Cancer Prevention**

Dr Brian McGuckin  
Chiropractic Internist  
219 - 531 - 1234  
[www.DrMcGuckin.com](http://www.DrMcGuckin.com)

# VITAMIN D3 LEVELS & YOUR HEALTH

Vitamin D is best known for its role in bone health. It also has very important beneficial aspects in managing Type 2 Diabetes, Multiple Sclerosis, Cardiovascular Disease, Rheumatoid Arthritis, Depression, Boosting your immune system, Pre eclampsia, and a lower Cesarean rate.

Vitamin D boosts your immune system to fight off colds and is directly found to be of benefit in reducing the risk of cancer in the areas that have vitamin D receptors such as: Breast tissue, the prostate, and the lower colon.

It is important to check your vitamin D at different times of the seasons to determine your yearly dose.

RESULTS							
	RESULT ng/mL	REFERENCE INTERVAL	LOW	MOD-	OPTIMAL MEAN	MOD+	HIGH
25-Hydroxyvitamin D Total	50	40 - 80			█		
25-Hydroxyvitamin D <sub>2</sub>	2						
25-Hydroxyvitamin D <sub>3</sub>	48						

Vitamin D is a nervous system communication hormone. It tells cells that they are in contact with each other. The ideal healthy range for vitamin D is 50 to 80.