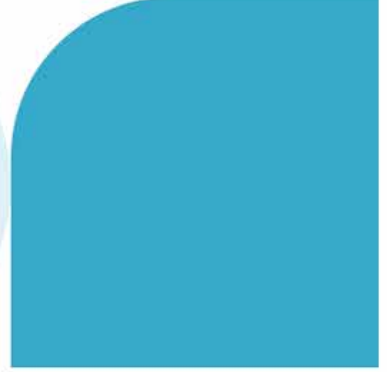
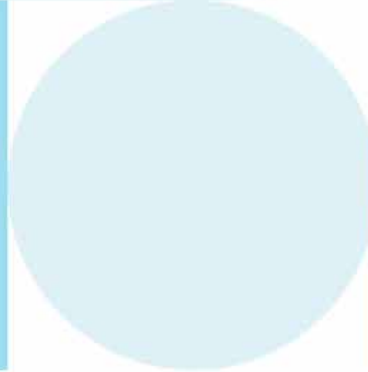
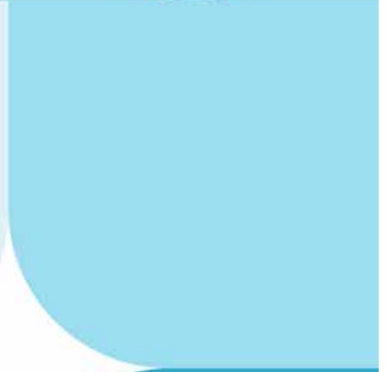
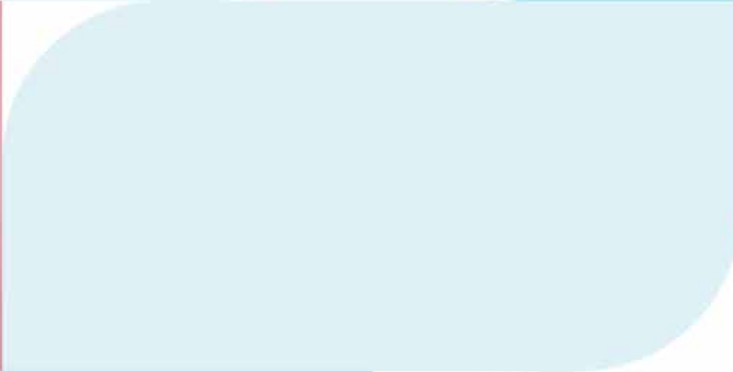




Test report



At-home test




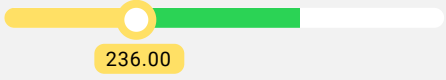



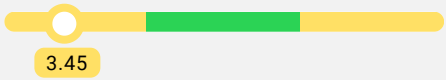


Vitamin Test (A, B3, B5 & Biotin)

Lab test

Blood

Name: **Sample Report** Date of test: **07/12/2023** Analysis-ID: **DUMMY-54**

Your test results

Name	Your value	Reference value	Scale
Biotin	 236.00 ng/l	> 250 ng/l	
Vitamin A (Retinol)	 512.98 µg/l	400 - 950 µg/l	
Vitamin B3 (Niacin)	 3.45 µg/l	8 - 100 µg/l	
Vitamin B5 (Pantothenic acid)	 708.00 µg/l	25 - 80 µg/l	

What is biotin?

Biotin is a water-soluble B-vitamin that contributes to normal energy metabolism, normal metabolism of macromolecules (carbohydrates, fat and protein), normal functioning of the nervous system, and maintaining normal skin, hair and mucous membranes.

Why analyze biotin?

Lack of biotin can cause skin problems and hair loss. Biotin also has a variety of other important functions in the body (see above).

What is Vitamin A?

Vitamin A is a fat-soluble vitamin that occurs in proteins (mainly carotenoids such as beta-carotene) and produced in the form of retinol and retinyl esters. The most potent vitamin A is only found in animal foods. Carotenoids from vegetables require conversion to retinol in the body, which for some individuals can be a problem due to genetic factors and is more common among women compared to men.

Why analyze Vitamin A?

Vitamin A is needed for vision, skin, mucous membranes, and the immune system to function normally. Vitamin A has a basic importance for the development, growth, and differentiation of the embryo during the early parts of pregnancy.

What is niacin/Vitamin B3?

Niacin is a water-soluble B-vitamin that contributes to normal energy metabolism, reduces fatigue and exhaustion, and ensures the normal functioning of the nervous system. Niacin occurs in two forms: niacinic acid and niacinamide.

Why analyze niacin/Vitamin B3?

It is very unusual to have a niacin deficiency in the Western world, but it can occur with an extremely limited diet. Severe deficiency of niacin causes the skin disease pellagra.

What is pantothenic acid/Vitamin B5?

Pantothenic acid is a water-soluble B-vitamin. The name comes from the Greek word 'pantos', which means everywhere, and just as the name suggests, pantothenic acid is found in many foods.

Why analyze pantothenic acid/Vitamin B5?

Pantothenic acid contributes to normal energy metabolism, reduces fatigue and exhaustion, encourages normal mental performance, and normal synthesis and release of steroid hormones, Vitamin E, and some neurotransmitters.

