

# Reference Ranges Anti Aging

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Hormone	Std ref range		Conversion CU X F = SIU	LE Optimal range		AMPATH ref range
	Conventional units	SI Units		Conventional units	SI Units	
DHEA	42–290 µg/dL	1.13–7.83 umol/L	0.027	280–500 µg/dL	7.56–13.5 umol/L	Not available
Insulin fasting	6–27 µIU/mL	Same units		<5 µIU/mL	Same units	6–22 uIU/mL
Free testosterone	6.6–18.1 pg/mL	22.9–62.81 pmol/L	3.47	15–22 pg/mL	52.05–76.34 pmol/L	Women: 2.4–37.4 pmol/L Men: 146–419 pmol/L
Estradiol	<54 pg/mL	<198.72 pmol/L	3.68	10–30 pg/mL	36.8–110.4 pmol/L	Men: 44–207 pmol/L Women: Follicular < 44–656 pmol/L Mid Luteal 173–1902 pmol/L Luteal 146–1045 pmol/L
Thyroid stimulating hormone	0.35–5.50 mIU/mL	Same units		0.35 to 2.1 mIU/mL	Same units	0.27–4.20 mIU/mL
Alpha 1 antitrypsin	90–200 mg/dL	0.9–2.0 g/L	0.01			0.9–2.0 g/L
Apolipoprotein A1	Men 110–180 mg/dL Women 110–205 mg/dL	1.1–1.8 g/L 1.1–2.05 g/L	0.01 0.01			1.04–2.02 g/L 1.08–2.25 g/L
B-type Natriuretic Peptide	0–100 pg/mL	Same units				Women: <150 pg/mL Men: <100 pg/mL
Cancer Antigen CA 15-3	0.0–32.4 U/mL	Same units				0.0–34.0 U/mL
Cancer Antigen CA 72.29	0–38.6 U/mL	N/A				Not available
Cancer Antigen CA 125	0–32 U/mL	Same units				0–35 U/mL
Carbohydrate antigen CA 19-9	0–37 U/mL	Same units				0–37 U/mL
Carcinoembryonic Antigen	Nonsmoker <2.5 ng/mL Smoker <5.0 ng/mL	Same units Same units				0–5 ng/mL
Carotene, Beta	10–85 µg/dL	0.186–1.581 umol/L	0.0186			0.9–3.60 umol/L
Glucose Fasting	65–99 mg/dL	3.61–5.5 mmol/L	0.0555	70–85 mg/dL	3.9–4.72 mmol/L	3.9–6.0 mmol/L
Uric Acid	2.4–8.2 mg/dL	0.14–0.48 mmol/L	0.059	3–7 mg/dL	0.18–0.41 mmol/L	Women: 0.14–0.34 mmol/L Men: 0.2–0.42 mmol/L
BUN (Blood Urea Nitrogen)	5–26 mg/dL	1.79–9.28 mmol/L BUN	0.357			We do urea: 1.7–8.3 mmol/L
BUN (Blood Urea Nitrogen)	5–26 mg/dL	0.83–4.24 mmol/L Urea	0.167			Urea Men: mmol/L Urea Women: mmol/L
Creatinine	0.5–1.5 mg/dL	44.2–132.6 umol/L	88.4	<1.5 mg/dL Ideally <1.1 mg/dL	132.6 umol/L 97.24 umol/L	Women: 53–97 umol/L Men: 80–115 umol/L
BUN/Creatinine Ratio	8:1–27:1					
Sodium	135–148 mmol/L	Same units				136–145 mmol/L
Potassium	3.5–5.5 mmol/L	Same units				3.5–5.1 mmol/L
Chloride	96–109 mmol/L	Same units				98–107 mmol/L
Carbon Dioxide	20–32 mmol/L	Same units				23–31 mmol/L
Calcium	8.5–10.6 mg/dL	2.13–2.65 mmol/L	0.25			2.15–2.55 mmol/L
Phosphorus 12–60 y	2.5–4.5 mg/dL	0.81–1.5 mmol/L	0.323			0.87–1.45 mmol/L
Total Protein	6.0–8.5 g/dL	60–85 g/L	10			60–83 g/L
Albumin	3.5–5.5 g/dL	35–55 g/L	10			34–48 g/L
Globulin	1.5–4.5 g/dL	15–45 g/L	10			20–35 g/L

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Albumin/Globulin Ratio	1.1:1-2.5:1					Not available
Total Bilirubin	0.1-1.2 mg/dL	1.71-20.52 umol/L	17.1			3-17 umol/L
Alkaline Phosphatase	25-150 IU/L	Use U/L (not IU/L)				Women: 35-104 U/L Men: 40-129 U/L
LDH (Lactic Dehydrogenase)	100-250 IU/L	Use U/L (not IU/L)				Women: 135-214 U/L Men: 135-225 U/L
AST (SGOT)	0-40 IU/L	Use U/L (not IU/L)				Women: 6-27 U/L Men: 10-33 U/L
ALT (SGPT)	Men 0-55 IU/L Women 0-40 IU/L	Same units Same units				Men: 3-46 U/L Women: 4-29 U/L
Iron	35-155 µg/dL	6.27-27.75 umol/L	0.179	40-100 µg/dL	7.16-17.9 umol/L	Women: 6.6-26 umol/L Men: 11-28 umol/L
Cholesterol	100-199 mg/dL	2.59-5.15 mmol/L	0.0259	180-200 mg/dL	4.66-5.18 mmol/L	2.8-4.9 mmol/L
Triglycerides	0-149 mg/dL	0-1.68 mmol/L	0.0113	<100 mg/dL	<1.13 mmol/L	Women: 0.4-1.6 mmol/L Men: 0.5-1.6 mmol/L
HDL Cholesterol	40-59 mg/dL	1.04-1.53 mmol/L	0.0259	>60mg/dL	>1.55 mmol/L	Women: 1.2-1.9 mmol/L Men: 1.0-1.6 mmol/L
LDL Cholesterol	0-99 mg/dL	0-2.56 mmol/L	0.0259			Women: 1.5-2.9 mmol/L Men: 1.6-2.9 mmol/L
Ratio of Total Cholesterol to HDL	Men 5:1 or less Women 4.4:1 or less			3:1 or less 3:1 or less		
White Blood Cell Count	4.0-10.5 x10E3/uL	4.0-10.5 x10E9/L	1			4-10 x 10E9/L
Red Blood Cell Count	Men: 4.1-5.6 x10E6/uL Women: 3.8-5.10 x10E6/uL	Men: 4.1-5.6 x10E12/L Women: 3.8-5.10 x10E12/L	1 1			4.5-5.5 x 10E12/L 3.8-4.8 x10E12/L
Hemoglobin	Men: 12.5-17.0 g/dL Women: 11.5-15.0 g/dL	Men: 12.5-17.0 x10E9/L Women: 11.5-15.0 x10E9/L	1 1	Upper end of reference range Upper end of reference range		15-20 x10E9/L 13.5-15 x10E9/L
Hematocrit	Men: 34-50 % Women: 34-44 %	0.34-0.5 % 0.34-0.44 %	0.01 0.01	Upper end of reference range Upper end of reference range		0.4-0.5 % 0.36-0.46 %
Mean Corpuscular Volume	80-98 fL	Same units				83-101 fl
Mean Corpuscular Hemoglobin	27-34 pg	Same units				27-32 pg
Mean Corpuscular Hemoglobin Concentration	32-36 g/dL	Same units				31.5-34.5 g/dL
Red Blood Cell Distribution Width	11.7-15.0%	Same units				11.6-14 %
Polyneutrophils	1.8-7.8 x10E3/uL	Same units				2-7 x10E3/uL
Lymphocytes	0.7-4.5 x10E3/uL	Same units				1-3 x10E3/uL
Monocytes	0.1-1.0 x10E3/uL	Same units				0.2-1.0 x10E3/uL
Eosinophils	0.0-0.4 x10E3/uL	Same units				0.02-0.5 x10E3/uL
Basophils	0.0-0.2 x10E3/uL	Same units				0.02-0.1 x10E3/uL
Platelet count	140-415 x10E3/uL	Same units		<50 x10E3/uL		150-400 x10E3/uL
C-Peptide	1.1-5.0 ng/mL	0.37-1.7 nmol/L	0.333			0.37 - 1.47 nmol/L
Cortisol	A.M. 4.3-22.4 µg/dL P.M. 3.1-16.7 µg/dL	118.68-618.24 nmol/L 85.56-460.92 nmol/L	27.6 27.6			A.M. 142-651 nmol/L P.M.
C-Reactive Protein (CRP)	Low: <1.0 mg/L	Same units		Men <0.55 mg/L		0.0-3 mg/L (High sensitivity CRP)

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D-Dimer	Average: 1.0-3.0 mg/mL High:>3.0 mg/L	Same units Same units	Women: <1.5 mg/L			
DHEAS	0.0-0.4 µg/mL Men: 19-29 years: 280-640 µg/dL 30-39 years: 120-520 µg/dL 40-49 years: 95-530 µg/dL 50-59 years:70-310 µg/dL 60-69 years: 42-290 µg/dL >69 years: 28-175 µg/dL	0.0-0.4 mg/L 7.56-17.28 umol/L 3.24-14.04 umol/L 2.57-14.31 umol/L 1.89-8.37 umol/L 1.13-7.83 umol/L 0.76-4.73 umol/L	1 0.027 0.027 0.027 0.027 0.027 0.027	400-500 µg/dL	10.8-13.5 umol/L	0-0.25 mg/L Men: 20 -24yrs: 5.1-13.5 umol/L 25-44yrs: 1.8-13.9 umol/L 45-54yrs: 1.0-9.9 umol/L 55yrs: 1.1-8.6 umol/L
	Women: 19-29 years: 65-380 µg/dL 30-39 years: 45-270 µg/dL 40-49 years: 32-240 µg/dL 50-59 years: 26-200 µg/dL 60-69 years: 13-130 µg/dL >69 years: 17-90 µg/dL	1.76-10.26 umol/L 1.22-7.29 umol/L 0.86-6.48 umol/L 0.70-5.4 umol/L 0.35-3.5 umol/L 0.46-2.43 umol/L	0.027 0.027 0.027 0.027 0.027 0.027	350-430 µg/dL	9.45-11.61 umol/L	Women: 20yrs: 3.9-11.5 umol/L 25yrs: 1.5-10.8 umol/L 45yrs: 0.8-8.7 umol/L 55yrs: 0.4-6.0 umol/L
Deoxyipyridinoline (Dpd) C	2.3-7.4 nmolDpd/mmol creatinine	Same units				Women: 3.0-7.4nmolDpd/mmol creatinine Men: 2.3-5.4 nmolDpd/mmol creatinine
Dihydrotestosterone	Men: 30-85 mg/dL?ng/dL Women: 4-22 mg/dL?ng/dL	1.03-2.92 nmol/L 0.14-0.76 nmol/L	ng/dL x ng/dL x 0.0344 = nmol/L	Men: 30-50 mg/dL	1.03-1.72 nmol/L	Not available
Epstein-Barr Virus (EBV) Acute Infection		Same units				
<b>EBV Interpretation</b>	VCA-IgG	Same units				Same
Susceptible	-					
Acute infection	+					
Convalescent phase	+					
Chronic or reactivated	+					
Old infection	±					
Antibody present: +						
Antibody absent: -						
<b>EBV Interpretation</b>	VCA-IgM	Same units				Same
Susceptible	-					
Acute infection	+					
Convalescent phase	±					
Chronic or reactivated	-					
Old infection	-					
<b>EBV Interpretation</b>	EA-IgG	Same units				Same
Susceptible	-					
Acute infection	±					
Convalescent phase	±					

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Chronic or reactivated Old infection	+ -			
<b>EBV Interpretation</b>	EBV-NA	Same units		Same
Susceptible	-			
Acute infection	-			
Convalescent phase	+			
Chronic or reactivated Old infection	± +			
ESR Westergen Sediment	Men: 0-50 years: 0-15 mm/hour 50 years and older: 0-20 mm/hour  Women: 0-50 years: 0-20 mm/hour 50 years and older: 0-30 mm/hour	Same units		Men: 1-15 mm/hour  Women: 1-20 mm/hour
Estradiol	Adult men: <54 pg/mL Adult women Follicular phase(-12) 19-69.9-305.4 pmol/L Follicular phase (-4): 64-183 pg/mL Midcycle peak (-1): 150-528 pg/mL Luteal phase (+2): 58-157 pg/mL Luteal phase (+6): 60-211 pg/mL Luteal phase (+12): 55-150 pg/mL Postmenopausal untreated: 0-31 pg/m	pg/mL 235.5-673.4 pmol/L 235.5-673.4 pmol/L 552.0-1943.0 pmol/L 213.4-577.8 pmol/L 220.8-776.5 pmol/L 202.4-552.0pmol/L 0-114.1 pmol/L	3.68 3.68 3.68 3.68 3.68 3.68 3.68 3.68	Men: 44.0-207 pmol/L Follicular: <44-656 pmol/L  Midcycle: 173-1902 pmol/L Luteal: 146-1045 pmol/L  Post menopausal: <240 pmol/L
Estriol	Men/non-pregnant women <2.0 mg/dL	<6.9 nmol/L	ng/mL x 3.47 = nmol/L	
Estrogens Total	Men: 40-115 pg/MI Women: Day 1-10 : 61-394 pg/MI Day 11-20: 122-437 pg/MI Day 21-30: 156-350 pg/MI		40-77 pg/MI	Not available Not available Not available Not available
Estrone	Men: 12-72 pg/mL Women: Follicular phase: 37-138 pg/mL Midcycle peak: 60-229 pg/mL Luteal phase: 50-114 pg/mL	44.4-266.4 pmol/L  136.9-510.6 pmol/L 222-847.3 pmol/L 185-421.8 pmol/L	3.7  3.7 3.7 3.7	
Ferritin	Men: 22-322 ng/mL Women: 10-291 ng/mL	Same units Same units		20-250 ng/mL 13-150 ng/mL
Fibrinogen, Antigen	Adult: 180-350 mg/dL			180-250 mg/dL Test unknown
FSH	Adult men: >15yrs: 1.4-18.1 mIU/mL Women: Follicular phase: 2.5-10.2 mIU/mL Ovulatory phase: 3.4-33.4 mIU/mL Luteal phase: 1.5-9.1 mIU/mL	Same units		1.4-14 mIU/mL  Men: 1.2-15.8 mIU/mL  Follicular phase: 2.9-14.6 mIU/mL Midcycle: 4.7-23.2 mIU/mL Luteal phase: 1.4-8.9 mIU/mL

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LH	Post menopausal phase: 23.0-116.3 mIU/mL Men: 20-70yrs: 1.5-9.3 mIU/mL Same units >70yrs: 3.1-34.6 mIU/mL Women: Follicular phase:1.9-12.5 mIU/mL Ovulatory phase: 8.7-76.3 mIU/mL Luteal phase: 0.5-16.9 mIU/mL Post menopausal phase: 5.0-52.3 mIU/mL Contraceptives: 0.7-5.6 mIU/mL		0.5-9.3 mIU/mL		Post menopausal: 16-157 mIU/mL Men: 12yrs: 1.3-9.3 mIU/mL
Gamma Glutamyl Transpeptidase (Serum)	0-64 IU/L Same units 65-99 mg/dL 3.61-5.5 mmol/L	0.0555	70-85 mg/dL	3.9-4.72 mmol/L	F: 5-36 M: 8-61 IU/L 3.9-6.0 mmol/L
HCG Beta Subunit, Quantitative	Neg. <10 mIU/mL Same units Border: 10-20 mIU/mL Pos. >20 mIU/mL				
Helicobacter (Campylobacter) (We only do IgG)	Neg: <0.8 U/mL Equivocal: 0.8-1.19 U/mL Positive: >1.19 U/mL				IgG: Neg: <0.90 U/mL IgG Equivocal: >= 0.9-<1.1 IgG Pos: >= 1.1
Hemoglobin A1C	4.5-5.7% Same units		<4.6%		4.8-5.9%
Homocysteine	Men: 4.3-11.4 umol/L Same units Desirable: <7.2 umol/L Women: 3.3-10.4 umol/L Desirable: <7.2 umol/L				0.0-20 umol/L  0.0-20 umol/L
Hyperhomocysteinemia	Border: 12-15 umol/L Moderate: >15-30 umol/L Intermediate: >30-100 umol/L Severe: >100 umol/L				
Insulin Fasting	6-27 uIU/mL Same units		Ideally: <5 uIU/mL		6.0-22.0 uIU/mL
Interleukin-1 beta (IL-1b)	<2.9 pg/mL				Not available
Interleukin-6 (IL-6)	0-14 pg/mL Same units				Normal: <6.0 pg/mL Elevated: >= 6.0 pg/mL
Interleukin-8 (IL-8)	7.8 pg/mL				Not available
Iron and Total Iron Binding Capacity (TIBC)	40-180 ug/dL		40-100 mg/dL		We do not perform this test - instead we offer % Transferrin saturation
Insulin-Like Growth Factor (IGF-1)	20 years :127-424 ng/mL 21-25 years: 116-358 ng/mL 26-30 years: 117-329 ng/mL 31-35 years: 115-307 ng/mL 36-40 years: 109-284 ng/mL 41-45 years: 101-267 ng/mL 46-50 years: 94-252 ng/mL				This test is referred to an external laboratory 21-25years: 116-358 ug/L 26-30 years: 117-329 ug/L 31-35 years: 115-307 ug/L 36-40 years: 109-284 ug/L 41-45 years: 101-267 ug/L 46-50 years: 94-252 ug/L
Lipase	0-59 u/l Same units				13-60 U/L

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Lipoprotein (a)	0-30 mg/dL Desirable: <20 mg/dL Border high risk: 20-30 mg/dL High risk: 31-50 mg/dL Very high risk: >50 mg/dL	Same units			0.0-30.0 mg/dL
Magnesium (Serum)	1.6-2.6 mg/dL	0.66-1.07 mmol/L	0.4114		0.66-1.07 mmol/L
Magnesium (Rbc)	4.2-6.8 mg/dL	1.73-2.80 mmol/L	0.4114		1.65-2.65 mmol/L
Osteocalcin	Men: 3.2-39.6 ng/mL	Same units			3.4-9.1 ng/mL
Parathyroid Hormone, Intact	12-65 pg/mL	Same units			12-65 pg/mL
Pregnenolone	Men: 10-200 ng/dL Women: 10-230 ng/dL			100-170 ng/dL	Not available
Progesterone	Men: <0.3-1.2 ng/mL Women: <0.5 ng/mL Follicular: 0.2-1.4 ng/mL Luteal: 3.3-25.6 ng/mL Midluteal: 4.4 - 28.0 ng/mL Post menopausal: 0-0.7 ng/mL	0.95-3.82 nmol/L <1.6 nmo/L 0.64,45 nmol/L- 10.49-81.42 nmol/L 13.99-89.04 nmol/L 0-2.23 nmol/L	3.18 3.18 3.18 3.18 3.18		0.7-4.7 nmol/L 0.4-9.2 nmol/L 4.5-110.8 nmol/L Midcycle 2.4-9.4 nmol/L
Prolactin	Men: 2.1-17.7 ng/mL Women: 2.8-29.2 ng/mL Non pregnant: 2.8-29.2 ng/mL Pregnant: 9.7-208.5 ng/mL Post menopausal: 1.8-20.3 ng/mL	Men: 2.1-17.7 ug/L Women: 2.8-29.2 ug/L Non pregnant: 2.8-29.2 ug/L Pregnant: 9.7-208.5 ug/L Post menopausal: 1.8-20.3 ug/L	1 1 1 1 1	2.1-5 ng/mL	4-15 ug/L 6-30 ug/L
Prostate-Specific Antigen (Total)	0-4.0 ng/mL	Same units		1-2.5 ng/mL	0-4.0 ng/mL
Reverse T3	90-350 pg/mL				Not available
Rheumatoid Arthritis Factor	<10.0 pg/mL	Same units			1-15 IU/mL
Selenium	Environmental exposure: 79-326 ug/L Normal range: 46-143 ug/L	Same units Same units			70-130 ug/L
Sex Hormone Binding Globulin	Adult Men: 13-71 nmol/L Women: 1-114 nmol/L	Same units Same units			11.4-52.3 nmol/L 14.1-68.9 nmol/L
Somatomedin C	21-25years: 116-358 ng/mL 26-30 years: 117-329 ng/mL 31-35 years: 115-307 ng/mL 36-40 years: 109-284 ng/mL 41-45 years: 101-267 ng/mL 46-50 years: 94-252 ng/mL 51-55 years: 87-238 ng/mL 56-60 years: 81-225 ng/mL 66-70 years: 75-212 ng/mL 71-75 years: 64-188 ng/mL 76-80 years: 59-177 ng/mL 81-85 years: 55-166 ng/mL	21-25years: 116-358 ug/L 26-30 years: 117-329 ug/L 31-35 years: 115-307 ug/L 36-40 years: 109-284 ug/L 41-45 years: 101-267 ug/L 46-50 years: 94-252 ug/L 51-55 years: 87-238 ug/L 56-60 years: 81-225 ug/L 66-70 years: 75-212 ug/L 71-75 years: 64-188 ug/L 76-80 years: 59-177 ug/L 81-85 years: 55-166 ug/L	1 1 1 1 1 1 1 1 1 1 1		21-25years: 116-358 ug/L 26-30 years: 117-329 ug/L 31-35 years: 115-307 ug/L 36-40 years: 109-284 ug/L 41-45 years: 101-267 ug/L 46-50 years: 94-252 ug/L 51-55 years: 87-238 ug/L 56-60 years: 81-225 ug/L 66-70 years: 75-212 ug/L 71-75 years: 64-188 ug/L 76-80 years: 59-177 ug/L 81-85 years: 55-166 ug/L
T3 Uptake	24-39%				Not available

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Testosterone Free (Direct)	Men 20-29 y: 9.3-26.5 pg/mL Men 30-39 y: 8.7-25.1pg/mL Men 40-49 y: 6.8-21.5 pg/mL Men 50-59 y: 7.2-24.0 pg/mL Men 60+ y: 6.6-18.1 pg/mL Women 20-59 y: 0-2.2 pg/mL Women 60+ y:0-1.8 pg/mL	32.27-91.96 pmol/L 30.19-87.10 pmol/L 23.6-74.61 pmol/L 24.98-83.28 pmol/L 22.90-67.81 pmol/L 0-7.63 pmol/L 0-6.25 pg/mL	3.47 3.47 3.47 3.47 3.47 3.47 3.47	18-26.5 pg/mL	62.64-91.96 pmol/L	Not available
Testosterone, Free (with Total)						
Testosterone, Total	Men: 241-827 ng/dL Women:14-76 ng/dL	8.36-28.70 nmol/L 0.49-2.64 nmol/L	0.0347 0.0347			
Testosteron, free calculated						Women 17-49y: 2.3-41.2 pmol/L. Women 50+y: 2.4-37.4 pmol/L. Men 17-49 y: 181-536 pmol/L Men 50+ y: 181-536 pmol/L
Thyroid Antithyroglobulin A	<5 mIU/mL					0-115 mIU/mL
Thyroid Stimulating Hormone	0.35-5.50 mIU/mL	Same units		0.35-2.1 mIU/mL		0.27-4.20 mIU/mL
Thyroxine (T4)	4.5-12.0 ug/dL					Not available
Thyroxine (T4) Free, Direct	0.70-1.53 ng/dL	9.03-19.74 pmol/L	12.9			12.0-22.0 pmol/L
Tri-iodothyronine (T3)	85-205 ng/mL					Not available
Tri-iodothyronine (T3) Free	2.3-4.2 pg/mL	3.54-6.47 pmol/L	1.54			3.95-6.80 pmol/L
Troponin I	<1.0 ng/mL	Same units				0-0.06 ng/mL
Tumor Necrosis Factor-alpha (TNF-alpha)						Not available
Vitamin B 12	211-911 pg/mL	155.72-672.32 pmol/L	0.738			145-637 pmol/L
Folic Acid	>5.4 ng/mL	>17.63 nmol/L	3.265			7.0-39.7 nmol/L
Vitamin D	32-100 ng/mL	Same units				