

Memorandum

To: Northwell Health Laboratories' Clients

From: Dwayne Breining, M.D., Executive Director, Northwell Health Laboratories

Date: February 18, 2025

Re: Important Update to the Vitamin D 25 Hydroxy Reference Intervals

Dear Valued Northwell Health Laboratories' Clients,

Northwell Health Laboratories would like to inform you that the Endocrine Society has revised their position on Vitamin D 25 Hydroxy reference intervals.¹ The reference interval was listed as 30-80 ng/mL. The Endocrine Society agrees that sufficiency and insufficiency limits should be removed. However, they believe that a threshold exists somewhere above 20 ng/mL that is adequate for bone health in 97.5% of the population.

Effective 03/03/2025 the **Vitamin D 25 Hydroxy** reference intervals will be removed and be replaced with the following statement for our providers.

Vitamin D concentrations at 20 ng/mL are adequate for bone health in 97.5% of the healthy population. Pediatric and geriatric individuals may require higher concentrations.

The Endocrine Society has stated that in the general population, adults ages 19 and older do not require routine testing provided they follow the U.S. National Academy of Medicine Recommended Dietary Allowance of 600 international units daily until the age of 70, and 800 IU for those over 70.

Investigations of deficiency should include 25 Hydroxy Vitamin D measurements accompanied by a 24 hour calcium excretion and serum calcium and phosphate tests

If you have any questions, please contact Client Services at (800) 472-5757

¹ Marie B Demay, Anastassios G Pittas, Daniel D Bikle, Dima L Diab, et al., Vitamin D for the Prevention of Disease: An Endocrine Society Clinical Practice Guideline, The Journal of Clinical Endocrinology & Metabolism, Volume 109, Issue 8, August 2024, Pages 1907–1947, https://doi.org/10.1210/clin_em/dgae290