

CNS Vitamin D Test Order Form

Order Form (PLEASE COMPLETE EVEN IF PREPAID)			
First Name:		Occupation:	
Surname:		Date of birth:	
Address:		Height:	
		Weight:	
Town/City:			
County:			
Country:			
Postcode:			
Home Tel:			
Mobile Tel:			
Work Tel:			
E mail:			
<i>If above is under 16 please complete below:</i>			
Mother:			
Father:			
Or Guardian:			
What are your main health concerns or conditions?			
Order Instructions: (IGNORE IF PREPAID)			
Vitamin D Blood Test @ £80.00 During Oct & Nov 2010 this test will be charged at £40.00 only			£
Shipping & handling – Single test £4.95, International £10.95			£
Please make your Cheque or postal order payable to Nature Systems: Total Enclosed			£
<p>Disclaimer: I understand that the service provided by Nature Systems is not a substitute for the medical care, prescription and treatment that I receive from my GP and other Medical Doctors. I fully understand that Nature Systems does not diagnose medical conditions but provides wellness services and support through information, education, diet, wellness tests and nutritional therapy & supplementation.</p>			
<p>Signature: _____ Name: _____ Date: _____</p>			
<p>Send your order and payment to: Nature Systems, 3 St Andrews Drive, Thurso, Caithness, KW14 8QA United Kingdom Tel: 01847 893445 www.naturesystems.co.uk info@naturesystems.co.uk</p>			

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Vitamin D deficiency appears to be a serious health problem today. A substantial volume of research is pointing to the fact that deficiency is implicated in many serious health problems seen today. In many cases there is no presentation of obvious symptoms.

However deficiency increases susceptibility to numerous more serious conditions, these include:

- Cardiovascular disease
- Hypertension
- Strokes
- Common cancers including:
 - Breast cancer
 - Prostate cancer
 - Colon cancer
- Bone disease including:
 - Osteoporosis
 - Osteoarthritis
 - Rickets
 - Osteomalacia,
 - Joint pain
- Muscle weakness
- Fibromyalgia
- Autoimmune disease including
 - Multiple sclerosis
 - Rheumatoid arthritis
 - Nervous system disorders
 - Dementia
 - Insomnia,
 - Parkinson's disease
- Type 1 and 2 diabetes.
- Depression
- Psoriasis
- Infectious diseases from influenza to tuberculosis

Many believe that Vitamin D is by far the single most important missing nutrient in Britain and most of the northern hemisphere nations today. In fact some Vitamin D researchers and scientists are so concerned that they calling this an "epidemic of deficiency". Maintaining optimum Vitamin D levels protects the body from a wide range of diseases including viruses and infections as can be seen from the above list.

Besides protecting us from the above mentioned health problems, Vitamin D also maintains the levels of calcium and phosphate which in turn is needed for normal bone mineralisation, muscle contraction, nerve conduction and general cellular function. More specifically 1, 25-dihydroxyvitamin D is a strong steroid hormone that has a crucial role in calcium homeostasis, bone metabolism, cell growth and replication.

Today our diet and lifestyle are not rich in naturally sources of Vitamin D, such as wild salmon, tuna, mackerel, cod liver and other oily fish ([see list](#)) or adequate exposure to sunlight on a regular basis. We (especially our children) spend a significant amount of time indoors away from direct sunlight.

How does the test work?

Only a pinprick sample of blood is required for this test. The sample can be collected at our clinic or we can send you a simple blood collection kit to your home. Sample collection is very straight forward and full instructions are provided. Results are usually available between 10 to 15 days following receipt of sample at the lab.

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CNS is the laboratory we use. For the technically minded:

They uses a conventional ELISA based technology to determine levels of 25-Hydroxyvitamin D and other metabolites in serum or plasma. Calibrators, controls and samples are diluted with biotin labelled 25-OHD.

Diluted samples are incubated for 2 hours at room temperature before washing. Enzyme labelled Avidin is added and binds selectively to complexed Biotin and following a further wash step colour is developed using TMB. Colour produced is proportionate to the concentration of 25-OH D.

To order your test kit:

Please complete the above form and return it to our office with your payment, alternatively call 0184 789 3445 to make an appointment at one of our clinics.

We have a number of health professionals up and down the country who will be delighted to assist you with the blood test. Please call us for further details. If you are a health professional and are interested in joining our campaign please contact us for further details.

During October and November 2010 this Vitamin D test is being offered by our campaign at half price; that's reduction from £80.00 to £40.00

For further details or to discuss your concerns please call 0184 789 3445

Source: Dr M Holick, Dr Cedric Garland, Dr John Cannell, Cambridge Nutritional Sciences Ltd