**Reference Ranges**

**Vitamin A (****mol/L)**

Up to 6 years 0.7 – 1.5

7 – 12 years 0.9 – 1.7

13 – 18 years 0.9 – 2.5

Adult 1.0 – 4.0

**Vitamin E (****mol/L)**

Up to 1 years 11.5 – 24.4

Up to 6 years 7.0 – 21.0

Up to12 years 10.0 – 21.0

Up to19 years 13.0 – 24.0

Adult 9 5 – 41.5

**Vitamin E Lipid Ratios (all ages)**

Vitamin E/Cholesterol >2.22 mol/mmol

**Vitamin D**

<15 nmol/L Severe Deficiency

15- <30 nmol/L Deficiency

30-<50 nmol/L Insufficiency

>50-220 nmol/L Adequate

>220- 500 nmol/L High and risk of toxicity

>500 nmol/L Toxic levels