

GET READY FOR FREE 25OH VITAMIN D TESTING!!!

Dear,

Over the last months several new studies have been published on free 25OHD, and multiple conferences have featured this important topic in their agenda.

- Very recently S. Malmstroem et al. have published a review on **"Current Assays to Determine Free 25-Hydroxyvitamin D in Serum."** This review examines methods for determining free 25OHD, the different methods used in clinical studies, and the relationships between free 25OHD and other vitamin D metabolites and the physiologic functions affected by vitamin D metabolites, such as bone cell activity and turnover. The review also comments on the value of assessing free 25OHD and the efforts to standardize the assays. [J AOAC Int. 2017 Sep 1;100(5):1323-1327.]
- Earlier this year L. Yang et al. published a paper on **"Prognostic value of circulating vitamin D binding protein, total, free and bioavailable 25-hydroxy vitamin D in patients with colorectal cancer"**. Their study suggested that higher levels of free 25OHD were associated with better overall survival in stage I-III colorectal cancer patients. Moreover, free 25OHD could be considered as an independent prognostic biomarker for overall survival. [Oncotarget. 2017 June 20; 8(25): 40214–40221.]
- Free 25OHD was also highly featured at the last ASBMR conference (Denver, Colorado) with not less than 5 posters discussing this important topic. One of the poster was entitled **"Free 25-hydroxyvitamin D, but not total 25-hydroxyvitamin D, is correlated with serum calcium and gestational age in healthy pregnant women"** and suggested that an optimal monitoring of the Vitamin D status in pregnant women should consist of measurements of free vitamin D in early and late pregnancy (O. Tsuprykov et al., Germany). The same poster has been presented, with a lot of interest from the audience, at the German Nephrology Congress (Mannheim, Germany, 14 – 17 September 2017)

Free 25OH Vitamin D

More and more studies support the importance of free 25OH Vitamin D, suggesting that this fraction of 25OH Vitamin D is a better measurement of Vitamin D status rather than the total 25OH Vitamin D in pregnancy, renal disease, liver disease and intensive care units.

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Nicolas Heureux
Principal Scientist - Vitamin D
Tel: +32 (0)10 84 99 40
nicolas.heureux@diasource.be

Aziza El-Bouahyaoui
Business Development Manager
Mobile France: +33 6 37 19 84 52
aziza.elmahdaoui@diasource.be

Jan Wauters
International Sales & Business Development Manager Vitamin D.



The Vitamin D Expert