



Health

Prescription & Recommendations

Dr. Sarah Mitchell, MD

Curitt Health Amsterdam
Bilderdijkstraat 77, Amsterdam

Patient: Lisa van der Berg

Visit: February 28, 2026

Date of Birth: 15/04/1988

Summary of Findings

Following your comprehensive blood panel on February 28, 2026, your results are largely within normal ranges. Two markers require attention: your **Vitamin D** level is below the recommended range at **18 ng/mL** (target: 30–100), and your **Apolipoprotein B (ApoB)** is borderline elevated at **105 mg/dL** (target: <90).

Recommendations

1. Vitamin D Supplementation

Start **Vitamin D3 supplementation: 2,000 IU daily**. Take with a fat-containing meal for optimal absorption. Duration: 3 months, then retest to confirm levels have normalized.

2. Follow-up Blood Test

Schedule a **follow-up blood panel in 3 months** (May/June 2026). Focus areas: Vitamin D recheck, lipid panel with ApoB. You can book via your Results Portal or call the clinic.

3. Dietary Considerations for ApoB

Consider **reducing saturated fat intake** and increasing omega-3 fatty acid consumption (fish, walnuts, flaxseed). A consultation with our nutrition specialist is available if desired — mention this when booking your follow-up.

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