# Article information:

Determination of a Serum 25-Hydroxyvitamin D Reference Ranges in Japanese Adults Using Fully Automated Liquid Chromatography–Tandem Mass Spectrometry - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S0022316623055876?via%3Dihub>

# Article summary:

1. This study aimed to calculate the current reference concentration of 25-hydroxyvitamin D (25(OH)D) among healthy people living in an urban area in Japan.

2. A newly developed fully automated liquid chromatography coupled to tandem mass spectrometry (LC-MS/MS) system was used to measure serum 25(OH)D concentrations, and mass screening was conducted targeting participants who received medical checkups in Tokyo from April 2019 to March 2020.

3. The reference ranges of total 25(OH)D for female, male, and total participants were 7–30 ng/mL, 5–27 ng/mL, and 6–29 ng/mL, respectively.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article “Determination of a Serum 25-Hydroxyvitamin D Reference Ranges in Japanese Adults Using Fully Automated Liquid Chromatography–Tandem Mass Spectrometry” is a well-written and comprehensive piece that provides an overview of the research conducted on the determination of a serum 25-hydroxyvitamin D reference range in Japanese adults using a fully automated liquid chromatography–tandem mass spectrometry system. The article is reliable and trustworthy as it provides detailed information on the methodology used for the research as well as the results obtained from it.

The article does not appear to be biased or one-sided as it presents both sides of the argument equally and objectively. It also does not contain any unsupported claims or missing points of consideration as all claims are backed up by evidence provided in the article itself. Furthermore, there are no unexplored counterarguments or promotional content present in the article which makes it more reliable and trustworthy.

The article also mentions potential risks associated with vitamin D deficiency such as respiratory disorders, autoimmune disorders, various cancers, diabetes, chronic renal disease, dementia, depression, adverse pregnancy outcomes, and decreased physical performance which makes it more comprehensive and informative.

In conclusion, this article is reliable and trustworthy due to its comprehensive nature and lack of bias or one-sidedness.

# Topics for further research:

* Vitamin D Deficiency Risks
* Vitamin D Deficiency Symptoms
* Vitamin D Deficiency Treatment
* Vitamin D Deficiency and Autoimmune Disorders
* Vitamin D Deficiency and Pregnancy Outcomes
* Vitamin D Deficiency and Physical Performance

# Report location:

<https://www.fullpicture.app/item/08a235b24ca6a6f1584aa47e3c9c4649>