

# Health Care Provider Bulletin

LifeLabs Service Updates: June 9, 2026

## CHANGES TO ASCORBIC ACID (VITAMIN C) TESTING

Dear Health Care Providers,

Effective **June 29, 2026**, LifeLabs will implement changes to ascorbic acid (Vitamin C) testing as part of a transition to an upgraded high-pressure liquid chromatography (HPLC) instrumentation.

**Pre-Test Preparation** Overnight fasting is recommended. Patients should not consume nutritional supplements containing Vitamin C within 24 hours prior to specimen collection.

**Specimen Handling** Collect specimen in an SST gold top tube (plasma in Sodium Heparin also acceptable). Mix thoroughly by gentle inversion, centrifuge and separate as soon as possible. Transfer an aliquot of serum to a labelled AMBER transport tube (protect from light). Cap tightly and FREEZE IMMEDIATELY at - 20°C. Specimen must be kept frozen during transportation.

LifeLabs strongly recommends that clients who normally procure specimens in an office environment refer their patients to one of our Patient Service Centres when a test is ordered which requires the analytical specimen be frozen prior to transportation.

Specimens which are submitted to us and do not comply with the strict handling requirements must be rejected.

**Transport Temperature** Frozen - 80°C

**TAT** 9 days

### Reference Ranges

Current	New
Deficient: <11 µmol/L	The previous interpretive categories (Deficient, Sub-optimal, and Adequate) will be discontinued. Results will instead be reported using a single decision threshold of <b>≥ 23 µmol/L</b>
Sub-optimal: 11-28 µmol/L	
Adequate: >28 µmol/L	

Deficient level: < 11 µmol/L. The average serum vitamin C concentration in Canadian adults is 53 µmol/L (Canadian Health Measures Survey 2012/2013).

### Comments

The level at which vitamin C is excessive has not been well defined. Testing of non-fasting specimens or the use of vitamin supplementation can result in elevated vitamin concentrations.

For any questions, please contact LifeLabs Customer Care Center 1-877-849-3637.

Sincerely,  
Lifelabs