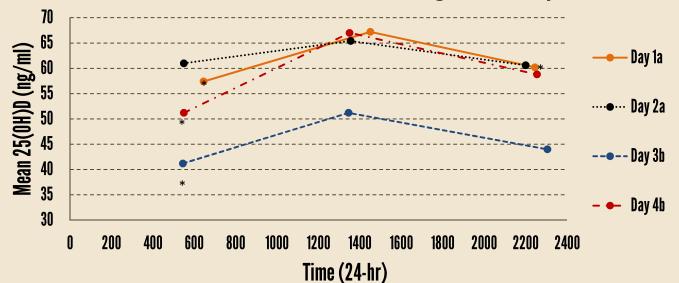
Variation in Vitamin D Level Throughout the Day



5000 IU supplement dose taken (a) 1 hour before mid-day sample, or (b) within 1 hour after mid-day sample; *: P<0.05 compared to same-day afternoon concentration using Bonferroni correction

Chart Date 2/1/19 ©2019 GrassrootsHealth French et al., J Med Case Rep. 2019

