

**Table 1. Guidance on upfront loading dose regimens to replenish Vitamin D stores in the body**

**Achieving serum 25(OH)D concentrations above 50 ng/mL  
based on serum 25(OH)D concentration in non-emergency situations in a 70 kg adult \***

Serum vitamin D (ng/mL) **	Vitamin D dose, 50,000 IU capsules: Initial and weekly ***		Duration (weeks)	Total amount for deficit correction (IU, in millions) ****
	Initial Dose (IU)	Weekly dose (50,000 IU caps)		
< 10	300,000	x 3	8 – 10	1.5 – 1.8
11–15	200,000	x 2	8 – 10	1.0 – 1.2
16–20	200,000	x 2	6 – 8	0.8 – 1.0
21–30	100,000	x 2	4 – 6	0.5 – 0.7
31–40	100,000	x 2	2 – 4	0.3 – 0.5
41–50	100,000	x 1	2 – 4	0.2 – 0.3

\* A suitable daily or weekly maintenance dose should start after completing the schedule.

\*\* For conversion of ng/mL to nmol/L, multiply by 2.5.

\*\*\* Mentioned replacement doses can be taken as single cumulative doses or spread out through the week.

\*\*\*\* Estimated deficit of vitamin D needed to replenish body stores.

(Table adapted with permission from S.J. Wimalawansa)