# Cycle of Best Practices for Addressing Vitamin D Deficiency

Companion to the Know "D" Number Patient and Provider Guide to Understanding Vitamin D, Testing & Results

## Assess

individual & population risk factors and signs and symptoms of vitamin D deficiency

# Follow-Up

and refer for further evaluation, initial blood testing or re-testing

YOUR VITAMIN D

40 ng/ml

# Screen (and/or Test)

using the
Vitamin D Risk
Assessment
eTool\*\* and/or a
blood test\*

# **Educate**

with an individualized vitamin D deficiency risk reduction plan\*

# Calculate

an individualized loading and maintenance dose using the Vitamin D\*calculator

\*A 25(OH)D blood test screening is strongly recommended for at-risk populations

\*\*The evidence-based e-tools: Vitamin D Deficiency Risk Assessment Quiz & Vitamin D\*calculator<sup>TM</sup>, and
IRB-Approved Know "D" Number: Patient and Provider Guide to Understanding Vitamin D, Testing &
Results can be found at https://grassrootshealth.net/project/achieve-manage-optimal-vitamin-d-levels/

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Kimball & Holick, Eur J Clin Nutr., 2020. Grant et al., Nutrients, 2022. Pludowski et al., J Steroid Biochem Mol Biol., 2017.



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