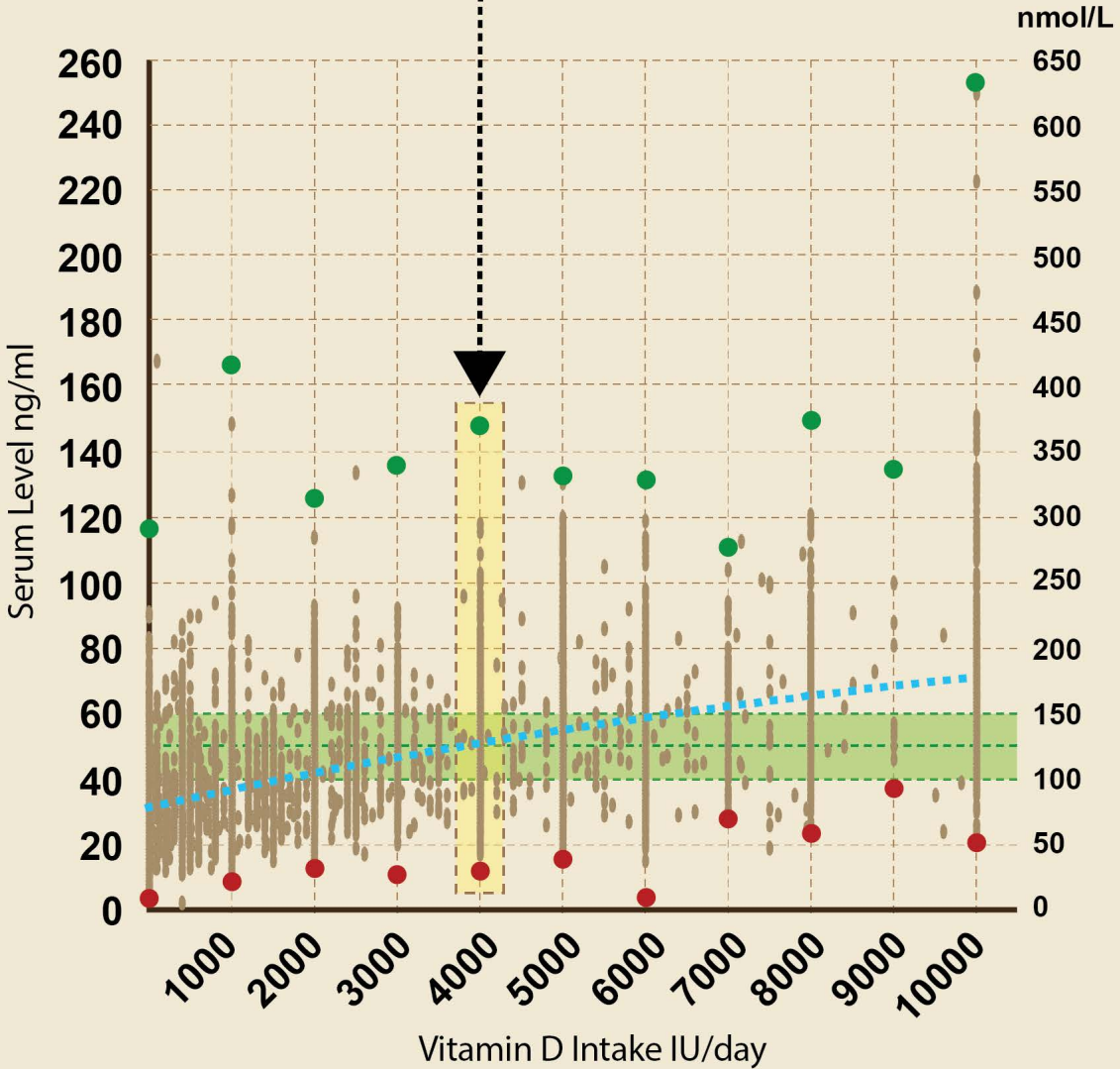


25(OH)D Serum Level vs Vitamin D Intake (Results of 7,324 People, 18 Years and Older)

Example: Intake at 4000 IU/day

Serum level can be from
10 ng/ml (25 nmol/L) to
150 ng/ml (375 nmol/L)

Recommended level is
40-60 ng/ml (100-150 nmol/L),
but without measuring,
you can't know!



RECOMMENDED RANGE:

40-60 ng/ml
(100-150 nmol/L)

- Recorded levels
- Highest recorded level
- Lowest recorded level
- - - - Average recorded level



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