

Vitamin D intake observed to produce noted 25(OH)D serum levels in 90% of adults (age 18 years and older), weighing 150 lbs. (N=7324)

RECOMMENDED RANGE: 40-60 ng/ml

WHAT TO DO

- 1 Test**
- 2 Establish recommended intake level**
- 3 Test again in 3-6 months**

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

Change in Serum Level Based on Intake (IU/day) for 90% of Adults* (N=7324)

Expected Level (ng/ml) ▶	20	30	40	50	60
Current Level (ng/ml) ▼					
10	2000	4000	6000	10,000	10,000
15	1000	3000	6000	9000	10,000
20		2000	5000	8000	10,000
25		1000	4000	7000	10,000
30			3000	6000	10,000
35			1000	5000	9000
40				3000	8000
45				2000	6000
50					4000

* values rounded to the nearest 1000 IU; highest recommended intake is 10,000 IU/day

Example: With a starting serum level of 20 ng/ml, an additional intake of approximately 5000 IU/day would be sufficient for 90% of adults (age 18 years and older, weighing 150 lbs) to achieve a serum level of at least 40 ng/ml.



Vitamin D intake observed to produce noted 25(OH)D serum levels in 90% of adults (age 18 years and older) in IU/lb. (N=7324)

RECOMMENDED RANGE: 40-60 ng/ml

WHAT TO DO

- 1 **Test**
- 2 **Establish recommended intake level**
- 3 **Test again in 3-6 months**

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

Change in Serum Level Based on Intake (IU/lb) for 90% of Adults* (N=7324)

Expected Level (ng/ml) ▶	20	30	40	50	60	
Current Level (ng/ml) ▼	10	12	26	43	64	70
15	6	20	37	58	70	
20		14	31	52	70	
25		7	24	45	70	
30			17	38	67	
35			9	30	59	
40				21	50	
45				11	40	
50					29	

* highest recommended intake is 10,000 IU/day

Example: With a starting serum level of 20 ng/ml, an additional intake of approximately 31 IU/lb per day would be sufficient for 90% of adults to achieve a serum level of at least 40 ng/ml. For a weight of 150 lbs, the intake would be 4650 IU/day (150*31), rounded to 5000 IU/day.



Vitamin D intake observed to produce noted 25(OH)D serum levels in 90% of adults (age 18 years and older), weighing 68 kg. (N=7324)

RECOMMENDED RANGE: 100-150 nmol/L

WHAT TO DO

- 1 Test
- 2 Establish recommended intake level
- 3 Test again in 3-6 months

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

Change in Serum Level Based on Intake (IU/day) for 90% of Adults* (N=7324)

Expected Level (nmol/L) ▶	50	75	100	125	150
Current Level (nmol/L) ▼					
25	2000	4000	6000	10,000	10,000
37	1000	3000	6000	9000	10,000
50		2000	5000	8000	10,000
62		1000	4000	7000	10,000
75			3000	6000	10,000
87			1000	5000	9000
100				3000	8000
112				2000	6000
125					4000

* values rounded to the nearest 1000 IU; highest recommended intake is 10,000 IU/day

Example: With a starting serum level of 50 nmol/L, an additional intake of approximately 5000 IU/day would be sufficient for 90% of adults (age 18 years and older, weighing 68 kg) to achieve a serum level of at least 100 nmol/L.



Vitamin D intake observed to produce noted 25(OH)D serum levels in 90% of adults (age 18 years and older) in IU/kg. (N=7324)

RECOMMENDED RANGE: 100-150 nmol/L

WHAT TO DO

- 1 **Test**
- 2 **Establish recommended intake level**
- 3 **Test again in 3-6 months**

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

Change in Serum Level Based on Intake (IU/kg) for 90% of Adults* (N=7324)

Expected Level (nmol/L) ▶	50	75	100	125	150	
Current Level (nmol/L) ▼	25	27	58	96	142	156
37	13	44	82	129	156	
50		31	69	116	156	
62		16	53	100	156	
75			38	84	149	
87			20	67	131	
100				47	111	
112				24	89	
125					64	

*highest recommended intake is 10,000 IU/day

Example: With a starting serum level of 50 nmol/L, an additional intake of approximately 69 IU/kg per day would be sufficient for 90% of adults to achieve a serum level of at least 100 nmol/L. For a weight of 68 kg, the intake would be 4692 IU/day (69*68), rounded to 5000 IU per day.

