

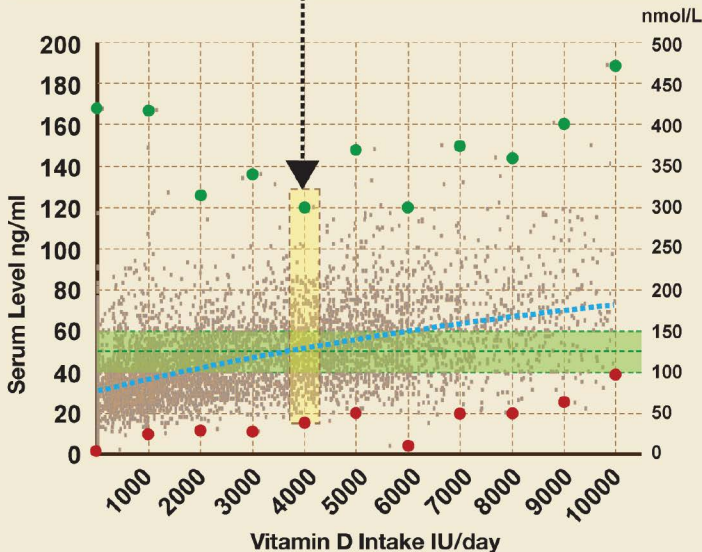
# Serum Level vs Intake

(Results of 7,324 People, 18 Years and Older)

**Example: Intake at 4000 IU/day**

Serum level can be from  
20 ng/ml (50 nmol/L) to  
120 ng/ml (300 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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