

Gauging Your Vitamin D Status

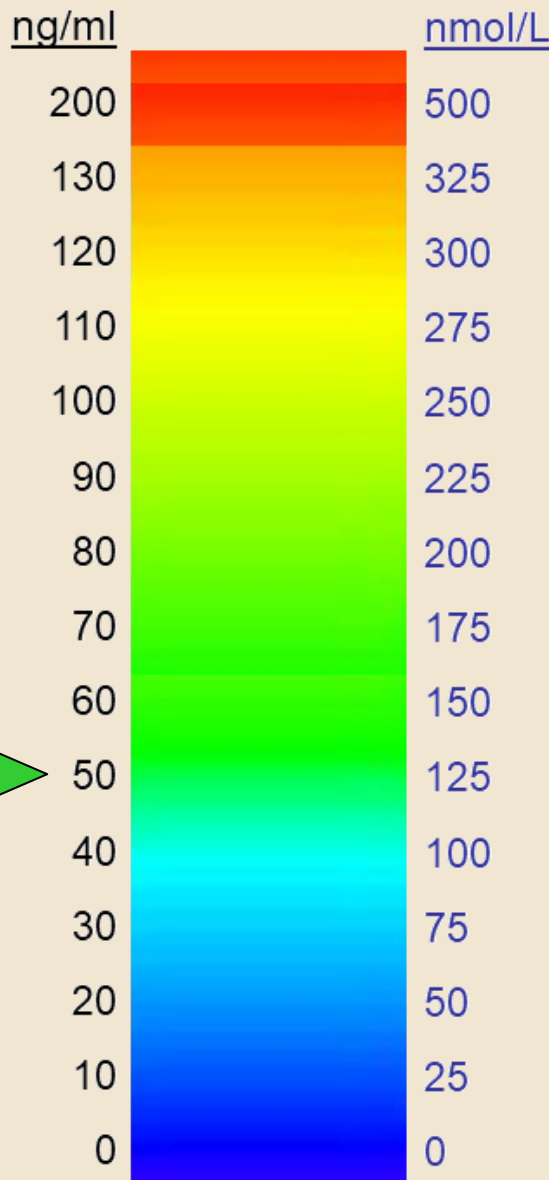
What is the optimal vitamin D level? The measure to use is the serum 25(OH)D concentration.

People living in sunny places with minimal clothing that doesn't limit vitamin D photosynthesis have 25(OH)D levels of 54 to 90 ng/ml(1).

A good target is:



While there is considerable variation from person to person, a useful rule of thumb to use as a starting point is that for every 1000 IU of supplemental vitamin D₃, there is a gain of ~10 ng/ml in serum 25 (OH)D. Example: If the patient's current level is 20 ng/ml, 4,000 IU/day could raise it to ~60 ng/ml(2).



Step 1: Test Your Level

grassrootshealth.net/test

Step 2: Adjust Your Intake

grassrootshealth.net/dcalculator

Step 3: Re-Test (3-6 months)

Is it working for you?

Chart Date 7/28/20

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(1) Hollis BW, *J Nutr.* 2005.

(2) Heaney et al., *Am J Clin Nutr.* 2003.



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