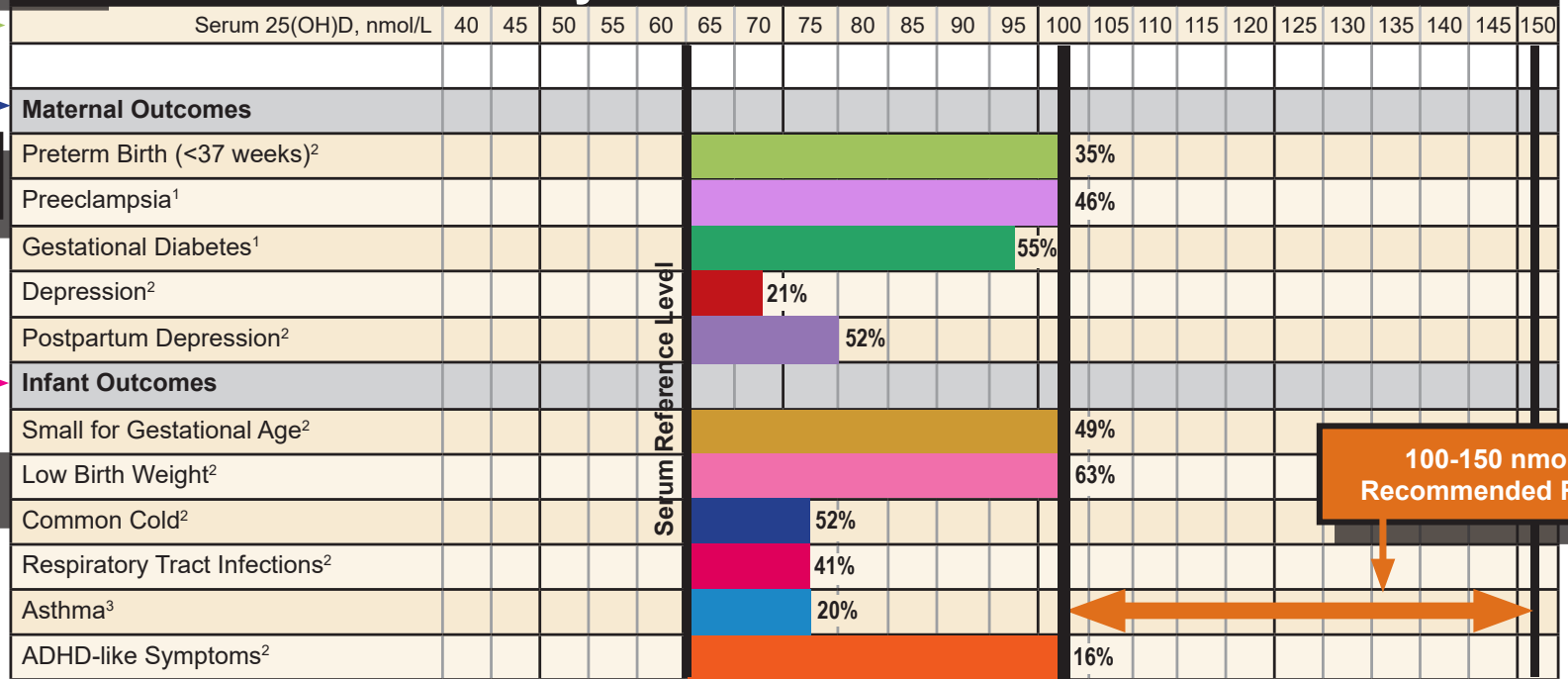


Disease Risk Reduction - Pregnancy by Vitamin D Level

Vitamin D Level

Pregnant Women

Children



100-150 nmol/L
Recommended Range

¹Data from randomized controlled trial

²Data from longitudinal study

³Data from case-control study

Original chart prepared by: Cuomo R, Aliano J, Baggerly C;

Updated 11/2020 by McDonnell S, Kimball S, Aliano J

Legend:

Percents reflect the risk reduction found in the selected studies compared to a common reference level of 62.5 nmol/L.

Example: Preterm birth risk is reduced by 35% when the serum level is 100 nmol/L compared to the reference level of 62.5 nmol/L.

Note: Risk reduction for levels above 100 ng/ml were not reported on a majority of the studies selected.

References:

Preterm Birth: McDonnell et al., PLoS One, 2017. **Preeclampsia:** Mirzakhani et al., J Clin Invest., 2016. **Gestational Diabetes:** Mojibian et al., Iran J Reprod Med., 2015. **Depression:** Robinson et al., Arch Womens Ment Health, 2014. **Postpartum Depression:** Gur et al., Eur J Obstet Gynecol Reprod Biol., 2014. **Small for Gestational Age, Low Birth Weight:** Barebring et al., BMC Pregnancy Childbirth., 2018. **Common Cold, Respiratory Tract Infections:** Shin et al., COCOA Study, Korean J Pediatr., 2013. **Asthma:** Magnus et al., Paediatr Perinat Epidemiol., 2013. **ADHD-like Symptoms:** Morales et al., Epidemiology, 2015.