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				by	<u>/                                    </u>	/ita	an	nir	<u>n</u> D	) [_	ev	<u>el</u>							÷							
Ţ	Serum 25(OH)D, ng/ml	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
	Maternal Outcomes					_																				
Pregnant Women	Preterm Birth (<37 weeks) <sup>2</sup>														35%											
	Preeclampsia <sup>1</sup>							<u> </u>						_	6%											
	Gestational Diabetes <sup>1</sup>												5	5%												
	Depression <sup>2</sup>					evel		2	1%										1							
	Postpartum Depression <sup>2</sup>					ce				52%																
	Infant Outcomes					eren																				
	Small for Gestational Age <sup>2</sup>					Ref								4	19%					40-60 ng/ml Recon Range						
	Low Birth Weight <sup>2</sup>					un,								e	63%				1							
	Common Cold <sup>2</sup>					Ser			52	%																
	Respiratory Tract Infections <sup>2</sup>								41	%																
	Asthma <sup>3</sup>								20	)%																
	ADHD-like Symptoms <sup>2</sup>													1	6%											

<sup>1</sup>Data from randomized controlled trial <sup>2</sup>Data from longitudinal study <sup>3</sup>Data 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 25 ng/ml. Example: Preterm birth risk is reduced by 35% when the serum level is 40 ng/ml compared to the reference level of 25 ng/ml.

Note: Risk reduction for levels above 40 ng/ml were not reported on a majority of the studies selected.

## References:

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