

EVERYONE NEEDS VITAMIN D, BUT HOW MUCH?



Everyone responds differently to vitamin D supplement amount - by up to 6 times! What is enough for one person may not be enough for you...

Recommended intakes for vitamin D are 400-800 IU/d from government agencies in US, Canada and UK, but to reach a target level of 40-60 ng/ml may take up to **ten times as much and taking 4000 IU a day is considered safe for every adult.**

WHO MAY NEED MORE VITAMIN D AND WHEN?

- people with dark skin
- higher body weight (overweight and obese)
- indoor and night-shift workers
- cover body with clothing when outdoors
- live north of 44°N latitude (north of Kansas) during winter months

WHAT CAUSES THE DIFFERENCE?

- how much time you spend in the summer sun
- genetics and age
- digestion problems (such as irritable bowel syndrome)
- medication (such as prednisone)
- lack of co-factors such as magnesium, vitamin K2, calcium and vitamin C
- taking supplements without a meal

TESTING YOUR VITAMIN D BLOOD LEVEL [25(0H)D] IS THE ONLY WAY TO KNOW IF YOU ARE Getting Enough!

STEP1 MEASURE 25(OH)D TO KNOW WHETHER YOU NEED MORE

>200 ng/ml (>500 nmol/L):	NG/ML	NMOL/L	
Level above which toxicity			
may occur	200	500	
50 ng/ml (123 nmol/L):	: 130	325	
Outdoor workers in late	100	020	
summer (farmers and	120	300	
lifeguards)	110	075	
0 /	110	2/5	
40-60 ng/ml: D*action		250	
Scientists	TOO	200	100-150 nmol/I : D*action
	90	225	Scientists
46 ng/ml (115 nmol/L):			Scientists
Tribal East Africans	80	200	
	70	175	65 nmol/L: Average Canadian
30-60 ng/ml: Optimal (US)	//	1/J	population
	60	150	FE pmol/L · Avorago LIK
30 ng/ml (75 nmol/L).			nonulation
Bono Hoalth	50	125	μοραιατιστι
Done neatth	10	100	: 50-75 nmol/L: Suboptimal
20-30 ng/ml:	40	100	(Canada)
Suboptimal (US)	30	75	
+===		·•	50-150 nmol/L: Adequate (UK)
26 ng/ml: Average US	; 20	50	
population	10	05	<50 nmol/L: Deficiency
	10	20	(Canada)
<20 ng/ml: Deficiency (US)	.i n	Π	
	U	U	¹ <25 nmol/L: Deficiency (UK)

STEP2 DETERMINE SUPPLEMENTATION AMOUNT TO REACH TARGET BLOOD LEVEL OF AT LEAST 40-60 NG/ML (100-150 NMOL/L)

To see how much vitamin D to take each day to make sure your blood level will be right for you, see the dose calculator at **grassrootshealth.net/dcalculator**.

RETERST TO MAKE SURE YOUR LEVEL HAS ADJUSTED TO SUPPLEMENTATION (3-6 MONTHS)

Make sure you are responding to supplementation as expected.