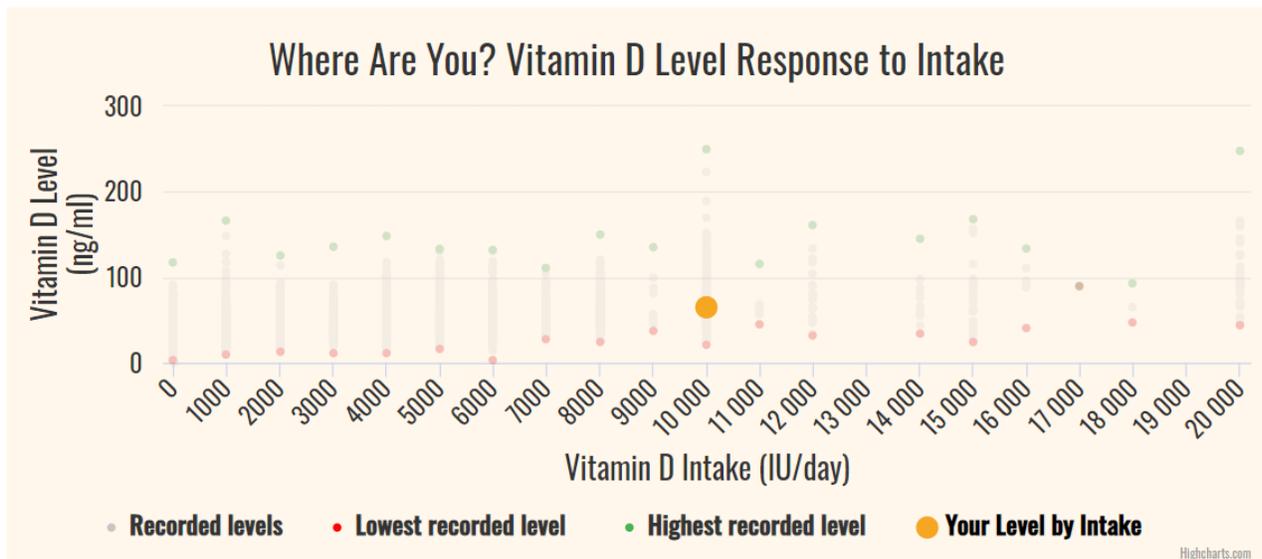
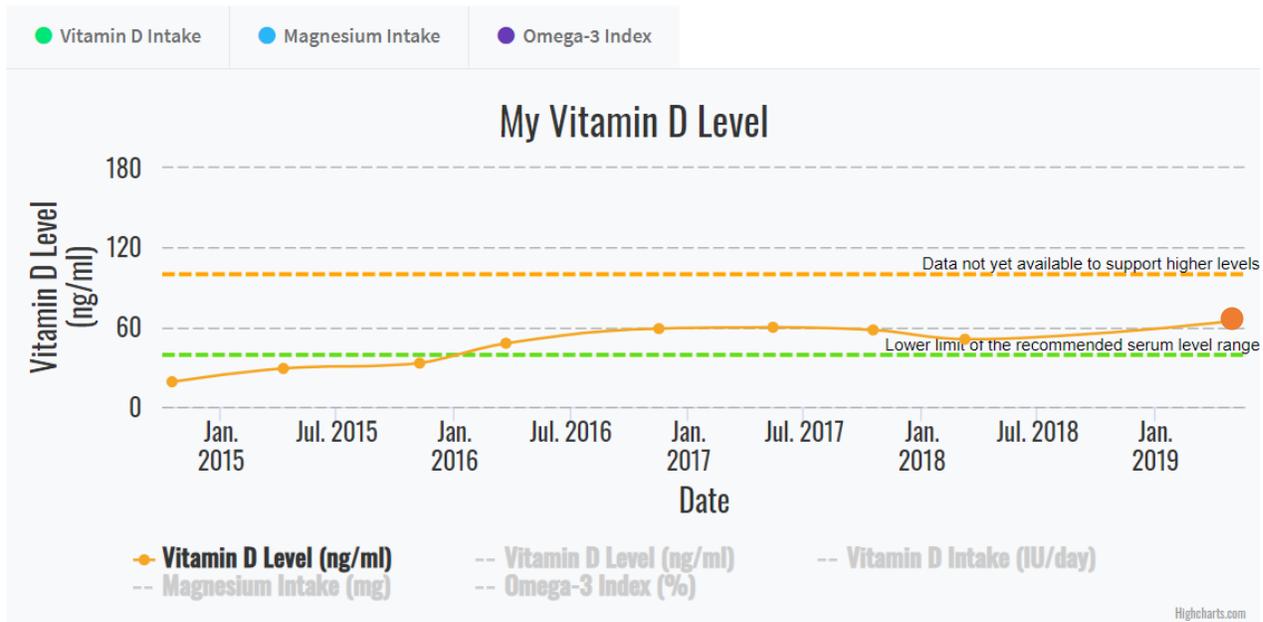


myData-myAnswers: myCharts (Available to all GrassrootsHealth Participants)

Where are you compared to others? How could you potentially affect your health outcomes by changing your status? The following personalized provide insights on various areas of your health based on your test results, questionnaire answers and statistical data gathered from thousands of other participants.

Your Vitamin D Level

Your vitamin D serum level of **65 ng/ml** is in the **82 percentile** of GrassrootsHealth participants, and the **100 percentile** of US adults.



- While average vitamin D levels achieved with specific supplementation amounts are useful guidelines, it is important to recognize the wide range of serum levels that can be produced at any specific supplementation amount.

What does GrassrootsHealth research show about dose response variability and the factors that may affect it?

[Read More](#)

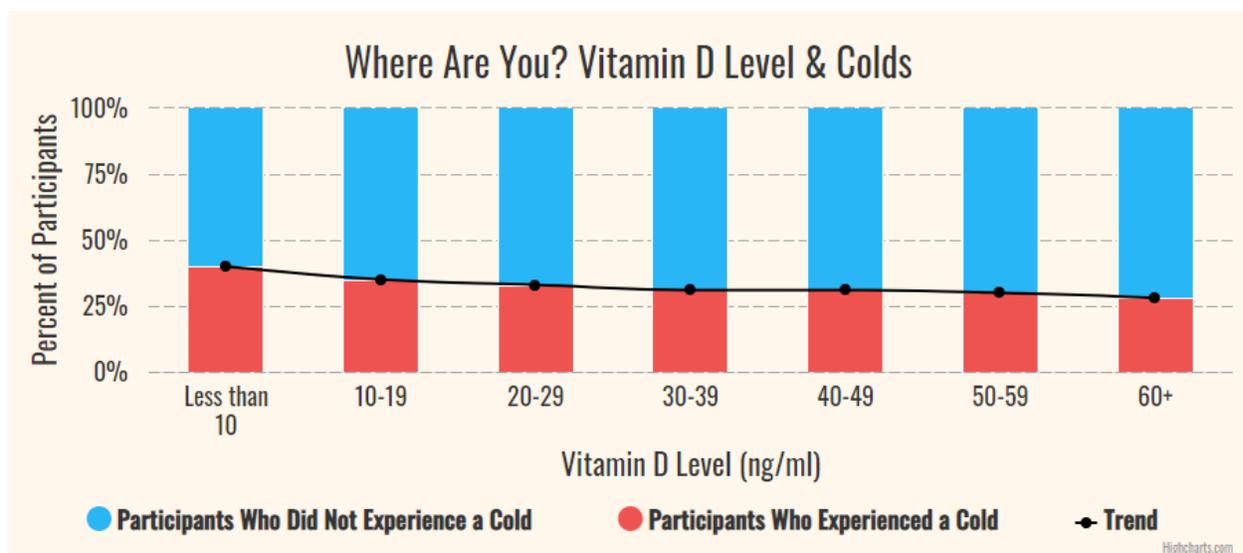
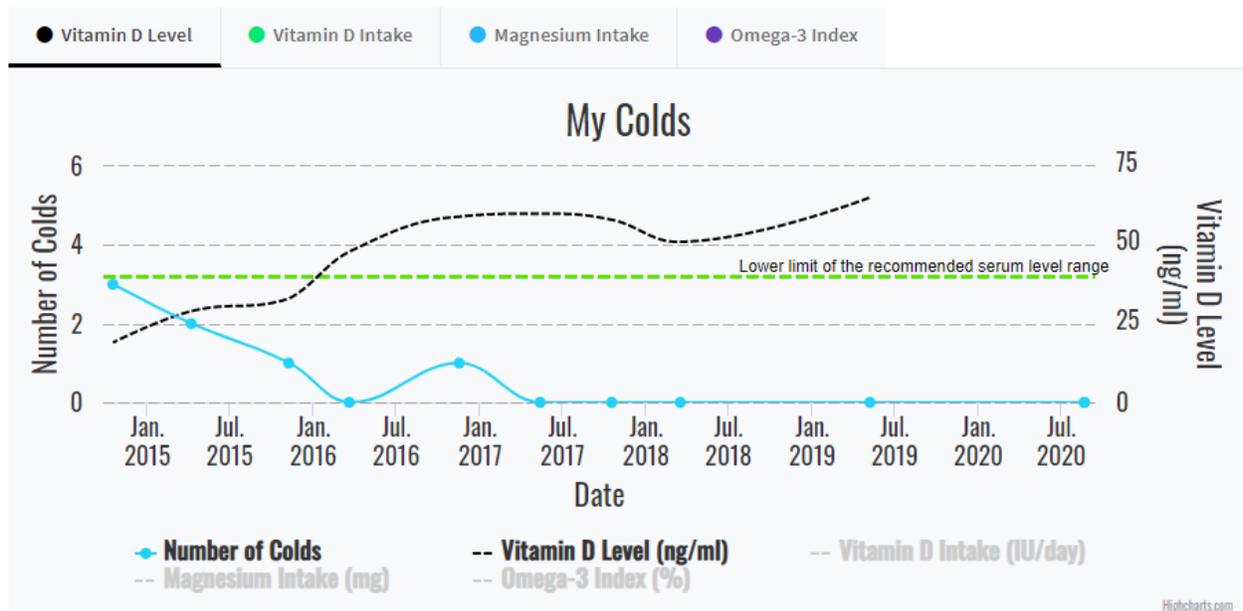
- 54% of adults in the GrassrootsHealth cohort have levels at or above 40 ng/ml compared to 11% in the NHANES cohort
- 6% of adults in the GrassrootsHealth cohort have levels below 20 ng/ml compared to 24% in the NHANES cohort

Want to learn more about how your vitamin D level compares to others?

[Read More](#)

My Colds

- Vitamin D has been linked to a lower risk of respiratory infections, including colds and the flu.
- On our questionnaire, we ask participants if they experienced a cold in the prior 6 months.



Our data show that the percent of participants who experienced a cold decreased as vitamin D levels increased. Specifically, participants with vitamin D levels of at

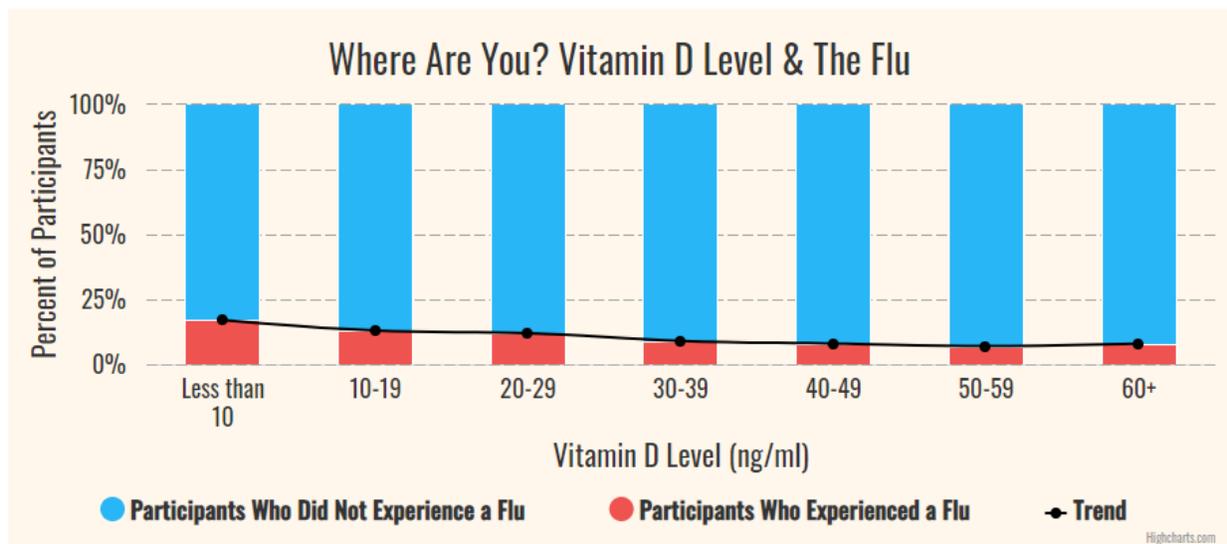
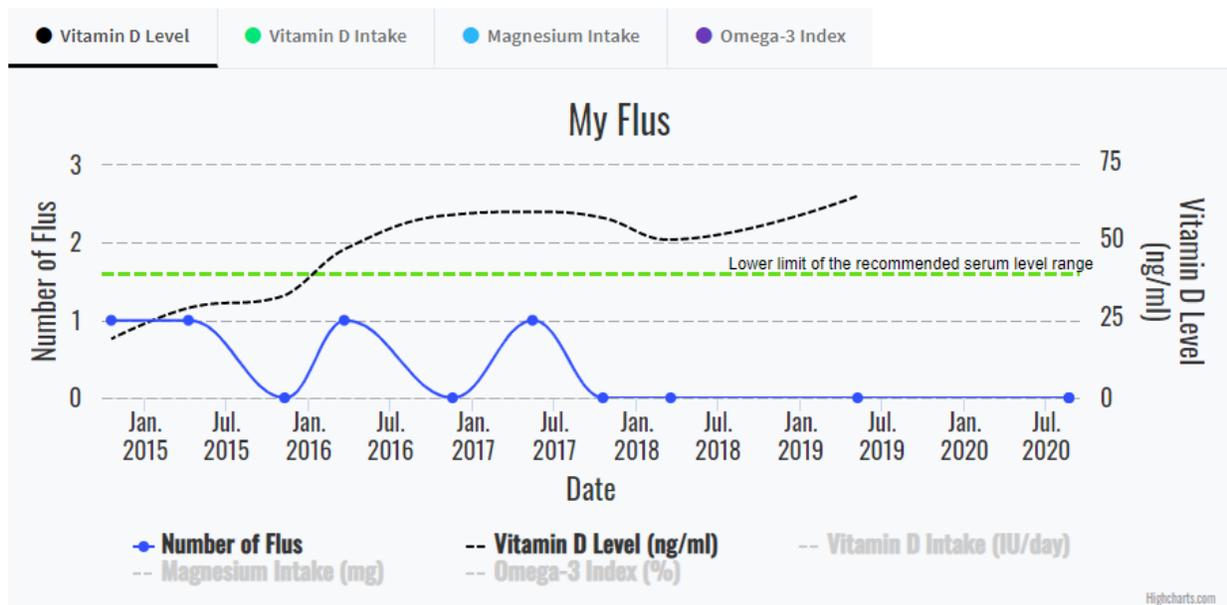
least 40 ng/ml were 19% less likely to have a cold than participants with levels less than 20 ng/ml.

What else does GrassrootsHealth research show about vitamin D levels and incidence of colds and flu?

[Read More...](#)

My Flus

- Vitamin D has been linked to a lower risk of respiratory infections, including colds and the flu.
- On our questionnaire, we ask participants if they experienced the flu in the prior 6 months.



- Our data show that the percent of participants who experienced the flu decreased as vitamin D levels increased. Specifically, participants with vitamin D levels of at

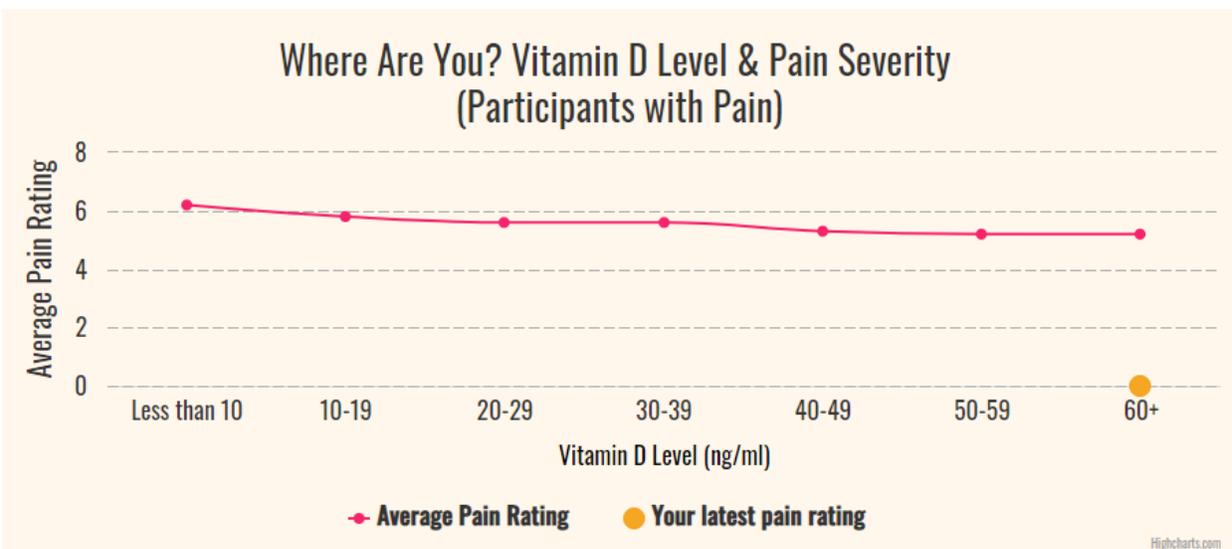
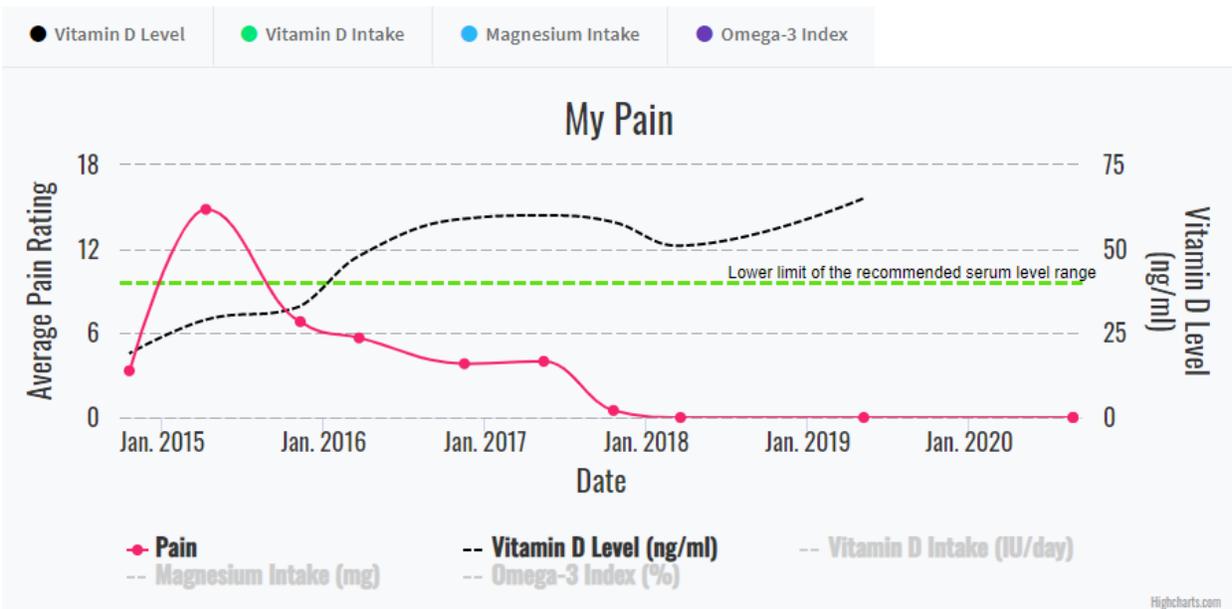
least 40 ng/ml were 41% less likely to have the flu than participants with levels less than 20 ng/ml.

What else does GrassrootsHealth research show about vitamin D levels and incidence of colds and flu?

[Read More](#)

My Pain

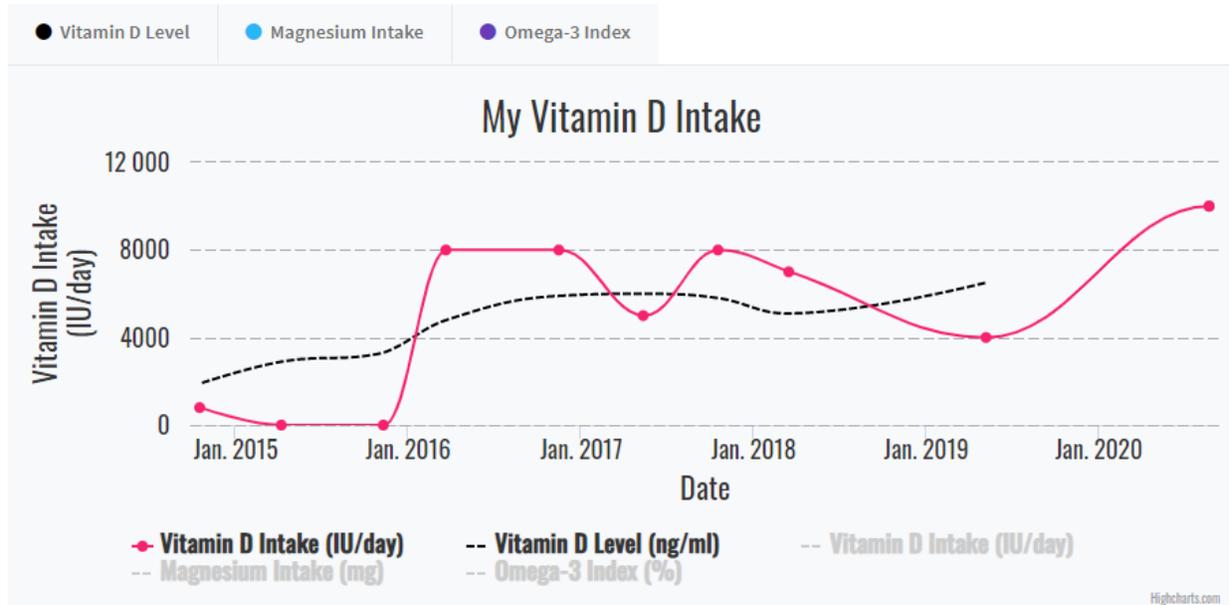
- Vitamin D has been linked to reduced chronic pain, such as ongoing pain in the joints and muscles.
- On our questionnaire, we ask participants if they experienced any type of pain, including acute (such as from a recent injury or illness) and chronic (ongoing for at least 12 weeks), in the prior 6 months.



- For those who reported having pain, the average pain rating decreased as vitamin D levels increased. Specifically, the average pain rating for participants with vitamin D levels of at least 40 ng/ml was 10% lower than those with levels below 20 ng/ml.
- Since our charts include both chronic and acute pain as well as individuals taking high doses of vitamin D to treat pain, the vitamin D effect is muted. We have recently revised our questionnaire to specifically assess the effect of vitamin D on chronic pain within individuals over time. Stay tuned for the results!

Your Vitamin D Supplement Intake

Your vitamin D intake level of **4000 IU** is in the **61 percentile** of GrassrootsHealth participants.



- 78% of participants take vitamin D supplements.
- The average intake amount among supplement takers is 4000 IU/day.
- The percent of participants taking vitamin D supplements increased as age increased (from 69% for those 15-34 years to 91% for those 65 years and older).
- The median vitamin D intake amount increased as age increased (from 3500 IU/day for those 15-34 years to 4300 IU/day for those 65 years and older).
- The median vitamin D intake amount increased as age increased (from 3500 IU/day for those 15-34 years to 4300 IU/day for those 65 years and older).

What else does GrassrootsHealth research show about participant intake amounts?

[Read More](#)

- Based on a plot of 25(OH)D values as a function of reported vitamin D intake amounts for 7,324 D*action participants, a calculation was produced to estimate the additional daily vitamin D intake needed for 90% of adults to reach a chosen target 25(OH)D serum level (age 18 years and older, weighing an average of 150 lbs).

How else can GrassrootsHealth data be used to help you reach your target vitamin D level?

[Read More](#)

Your Magnesium Intake

