

Collaborative Nutrient Research Project Results

March 2021 Custom Report Prepared for YOU (Example Only)

Congratulations to you for completing the initial round of participation in this GrassrootsHealth Nutrient Research Institute Collaborative Research Project!

This initial report contains data on your group's first round of nutrient levels and data.

Participant Numbers

- A total of 10 individuals have completed enrollment with a vitamin D test and questionnaire
- One individual registered as part of your group but did not complete the testing/questionnaire process
- Unless otherwise indicated, charts show the most recent test results and/or supplement data

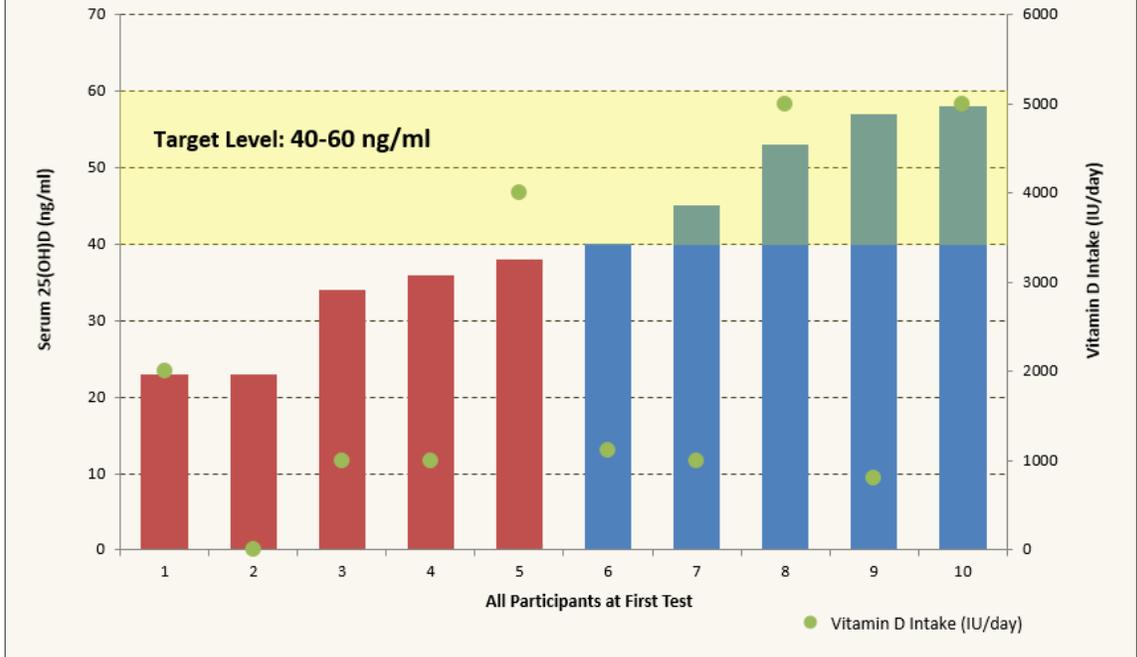
Vitamin D Intake and Status

Vitamin D levels for your group ranged from 23 to 58 ng/ml and the average level was 40 ng/ml. 50% had levels below the recommended range of 40 to 60 ng/ml, and 50% had a level of at least 40-60 ng/ml.

Among the 10 participants with vitamin D level results, average daily supplemental vitamin D intake was available for all 10 of them. Supplemental intake ranged from 0 to 5,000 IU/day and the average intake was 2100 IU/day.

The chart below illustrates the difference in individual response of vitamin D serum level to supplemental vitamin D intake.

Initial Vitamin D Serum Levels and Average Daily Intake for YOUR Group

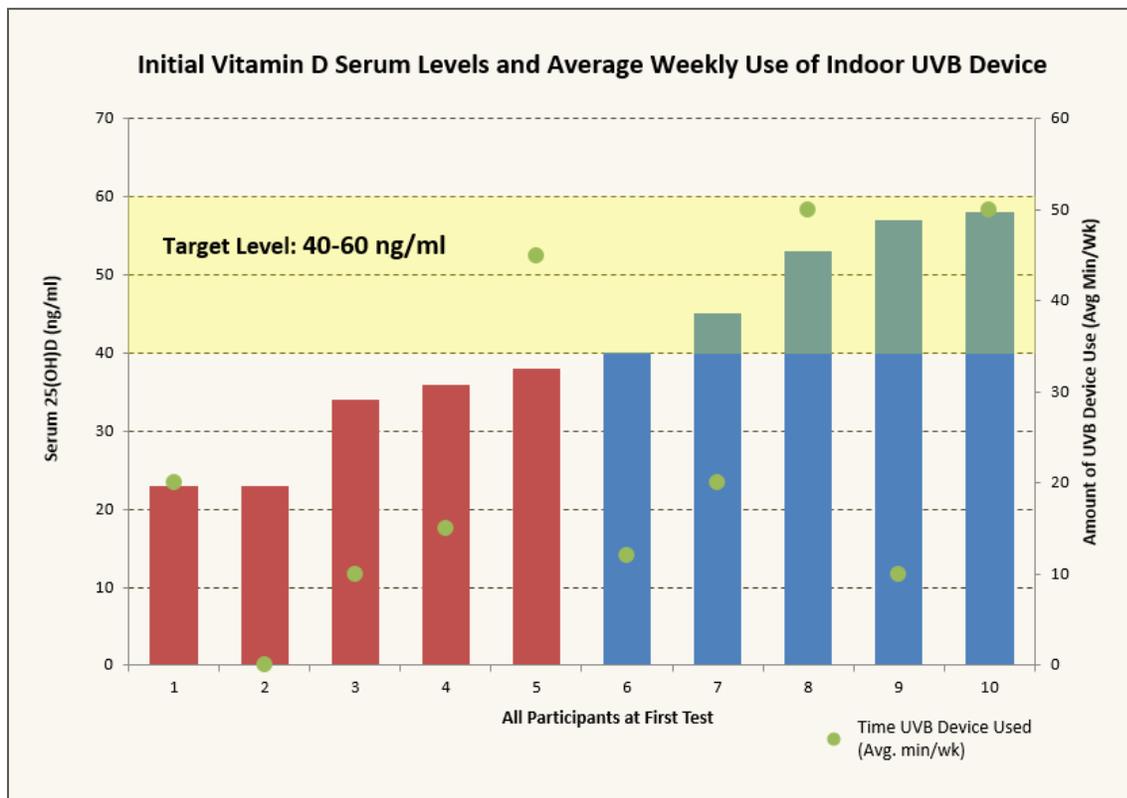


Indoor UVB Device Use and Status

(Focus this on another variable important to YOUR group!)

Among the 10 participants with vitamin D level results, indoor UV device use data was available for 9 of the participants, while one indicated not having used an indoor UV device in the last 6 months. Average minutes per week of device use ranged from 10 to 50 minutes per week, and the average use among all participants was 15 minutes per week.

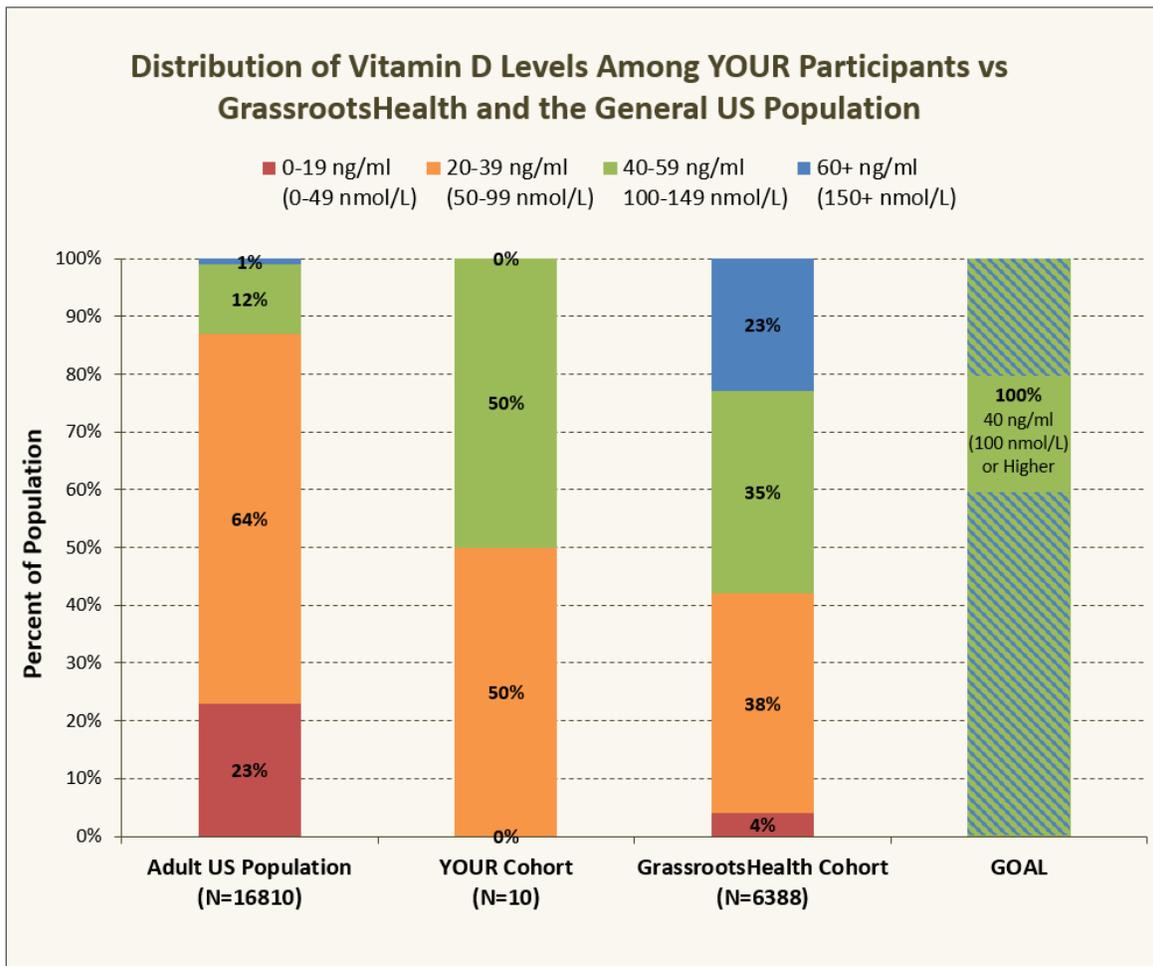
The chart below illustrates the difference in individual response of vitamin D serum level to average time of indoor UV device use.



Group Vitamin D Statistics

- **The vitamin D levels were better for YOUR group compared to the general US adult population**
 - 13% of the US adult population has a vitamin D level of 40 ng/ml or higher
 - 58% of the GrassrootsHealth cohort has a vitamin D level of 40 ng/ml or higher
 - **50% of your cohort has a vitamin D level of 40 ng/ml or higher**

Here is a visual comparison of the distribution of vitamin D levels between YOUR group, the GrassrootsHealth cohort, and the general US adult population (based on US adult data from 2009-2014):



Current research does not support any additional health benefit of having a vitamin D level of 100 ng/ml (250 nmol/L) or above. Observed toxic levels start at 200 ng/ml (500 nmol/L) per J. Hathcock, Am J. Clin Nutr. 2007;85:6-18.

The following are examples of what can be added to your report once a minimum of 10 of YOUR participants have completed a second round of participation (follow-up questionnaire and completed vitamin D re-test results):

Changes in Vitamin D Status

For 19 participants who had multiple tests (17 have had 2 tests, 2 have had 3),

- 15 increased vitamin D intake after their first test (5 by 5000 IU/day or more),
- 3 decreased their intake,
- 1 had no change.
- Of the 9 participants with levels less than 40 ng/ml on their first test, 6 were at or above 40 on their most recent. The 2 participants with levels over 40 on their first test but less than 40 on their most recent both decreased their vitamin D intake between the two tests.

The average result on the initial test was 43 ng/ml; on the most recent test was 60 ng/ml.

