

Table 2. Vitamin D dosing in the absence of a baseline Vitamin D level

Longer-term maintenance of serum 25(OH)D concentrations above 50 ng/mL based on body weight *

Body-weight category	Dose (IU) kg/day	Dose (IU) (Daily or Weekly)	
		Daily dose (IU)	Weekly dose (IU)
BMI \leq 19 (under-weight)	40 – 70	\approx 2,000 – 4,000	\sim 25,000
BMI 20–29 (non-obese person)	70 – 100	\approx 5,000 – 7,000	\sim 50,000
BMI 30–39 (obese persons)	100 – 150	\approx 9,000 – 15,000	\sim 75,000
BMI \geq 40 (morbidly obese persons)	150 – 200	\approx 16,000 – 30,000	\sim 100,000

(Table adapted with permission from S.J. Wimalawansa)