

Average intake observed to produce noted serum levels in adults, 150 lbs average weight.

RECOMMENDED RANGE: 40-60 ng/ml

WHAT TO DO:

- 1 Test
- 2 Establish recommended intake level
- 3 Test again in 3-6 months

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

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Based on data in ANTICANCER RESEARCH
31: 607-612 (2011), Garland et al.



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Average Change in Serum Level Based on Intake (IU/day)

Expected Level (ng/ml) ▶	20	30	40	50	60	70
Current Level (ng/ml) ▼ 10	1000	2200	3600	5300	7400	10100
15	500	1700	3200	4900	7000	9700
20		1200	2600	4300	6400	9100
25		600	2000	3700	5800	8600
30			1400	3100	5200	7900
35			800	2500	4600	7300
40				1700	3800	6500
45				900	3000	5700
50					2100	4800
60						2700

Example: To go from 20 ng/ml to 40 ng/ml would require an average additional intake of 2600 IU/day.

Average intake observed to produce noted serum levels in adults in IU/lb.

RECOMMENDED RANGE: 40-60 ng/ml

WHAT TO DO:

- 1 Test
- 2 Establish recommended intake level
- 3 Test again in 3-6 months

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

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Average Change in Serum Level Based on Intake (IU/lb)

Expected Level (ng/ml) ▶	20	30	40	50	60	70
Current Level (ng/ml) ▼ 10	7	15	24	35	49	67
15	3	11	21	33	47	65
20		8	17	29	43	61
25		4	13	25	39	57
30			9	21	35	53
35			5	17	31	49
40				11	25	43
45				6	20	38
50					14	32
60						18

Example: To go from 20 ng/ml to 40 ng/ml would require an average additional intake of 2600 IU/day based on a weight of 153 lbs (17*153).

Average intake observed to produce noted serum levels in adults, 68 kg average weight.

RECOMMENDED RANGE: 100-150 nmol/L

WHAT TO DO:

- 1 Test
- 2 Establish recommended intake level
- 3 Test again in 3-6 months

(For supplements, vitamin D3, cholecalciferol may be used.)

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Average Change in Serum Level Based on Intake (IU/day)

Expected Level (nmol/L) ▶	50	75	100	125	150	175	
Current Level (nmol/L) ▼	25	1000	2200	3600	5300	7400	10100
37	500	1700	3200	4900	7000	9700	
50		1200	2600	4300	6400	9100	
62		600	2000	3700	5800	8600	
75			1400	3100	5200	7900	
87			800	2500	4600	7300	
100				1700	3800	6500	
112				900	3000	5700	
125					2100	4800	
150						2700	

Example: To go from 50 nmol/L to 100 nmol/L would require an average additional intake of 2600 IU/day.

Average intake observed to produce noted serum levels in adults in IU/kg.

RECOMMENDED RANGE: 100-150 nmol/L

WHAT TO DO:

- 1 Test
- 2 Establish recommended intake level
- 3 Test again in 3-6 months

(For supplements, vitamin D3, cholecalciferol may be used.)

Individuals should consult with a health care practitioner to develop a custom plan.

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Average Change in Serum Level Based on Intake (IU/kg)

Expected Level (nmol/L) ▶	50	75	100	125	150	175	
Current Level (nmol/L) ▼	25	15	32	53	78	109	149
37	7	25	47	72	103	143	
50		18	38	63	94	134	
62		9	29	54	85	126	
75			21	46	76	116	
87			12	37	68	107	
100				25	56	96	
112				13	44	84	
125					31	71	
150						40	

Example: To go from 50 nmol/L to 100 nmol/L would require an average additional intake of 2600 IU/day based on a weight of 68.5 kg (38*68.5).