25(OH)D Serum Level vs Vitamin D Intake (Results of 7,324 People, 18 Years and Older)

Example: Intake at 4000 IU/day
Serum level can be from 10 ng/ml (25 nmol/L) to 150 ng/ml (375 nmol/L)

Recommended level is 40-60 ng/ml (100-150 nmol/L), but without measuring, you can’t know!

RECOMMENDED RANGE: 40-60 ng/ml (100-150 nmol/L)

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Preliminary data, not yet published

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