

Vitamin D Supplement Intake

Recommended Vitamin D Status for Health

Takes supplement with magnesium (N=865)

Does not take supplement with magnesium (N=429)

\*Participants taking <10,000 IU/day (excludes those who took a bolus dose <6 weeks prior, started supplementation <1 month prior, and inconsistent usage).

Chart Date 1/14/19
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Preliminary data, not yet published

