

Disease Risk Reduction by Vitamin D Level

Clinical Outcome (% Risk Reduction)	Vitamin D Level [as 25(OH)D]											
	(ng/ml)	20	25	30	35	40	45	50	55	60	65	
	(nmol/L)	50	62	75	87	100	112	125	137	150	162	
Osteomalacia (100%)												
Pre-eclampsia (~60%)												
Premature births (62%)												
Cesarean section births (74%)												
Gestational diabetes (50%)												
Infant dental caries (75%)												
Prediabetes to diabetes (76%)												
Peripheral artery disease (80%)												
Upper respiratory tract infections (58%)												
COVID infectivity (54%)						34 ng/ml						
COVID respiratory distress syndrome (78%)												
COVID mortality (66%)												
Multiple sclerosis (62%)												
Autoimmune disorders (39%)								42 ng/ml				
Colon cancer (80%)					33-41 ng/ml							
Breast cancer (50%)								52 ng/ml				
Digestive cancers relapse and death (73%)												
All-cause mortality (>90%)					33 ng/ml							
Cardiovascular mortality (67%)												
Cancer mortality (25%)												

