

# Distribution of Vitamin D Levels with Different Supplement Doses Over Time

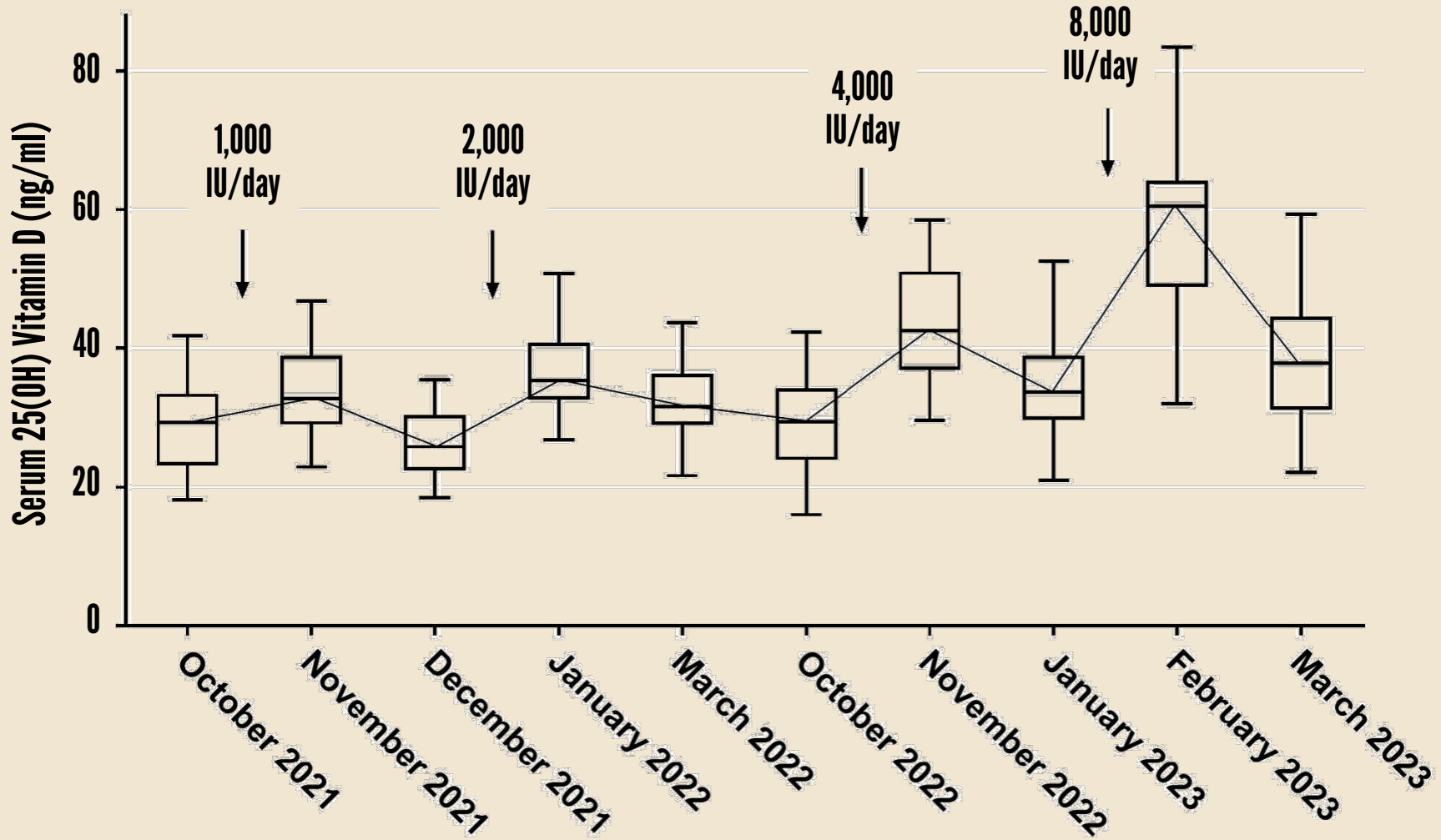


Chart Date 3/31/2025

©2025 GrassrootsHealth

Kralova et al., *in vivo*, 2025.



GrassrootsHealth  
Nutrient  
Research Institute

Moving  
Research  
Into Practice

[www.grassrootshealth.net](http://www.grassrootshealth.net)