

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