

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

**RECOMMENDED RANGE: 100-150 nmol/L**

**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 (nmol/L) ▶		50	75	100	125	150	175
Current Level (nmol/L) ▼	25	1000	2200	3600	5300	7400	10100
	37	500	1700	3200	4900	7000	9700
	50		1200	2600	4300	6400	9100
	62		600	2000	3700	5800	8600
	75			1400	3100	5200	7900
	87			800	2500	4600	7300
	100				1700	3800	6500
	112				900	3000	5700
	125					2100	4800
	150						2700

**Example: To go from 50 nmol/L to 100 nmol/L would require an average additional intake of 2600 IU/day.**