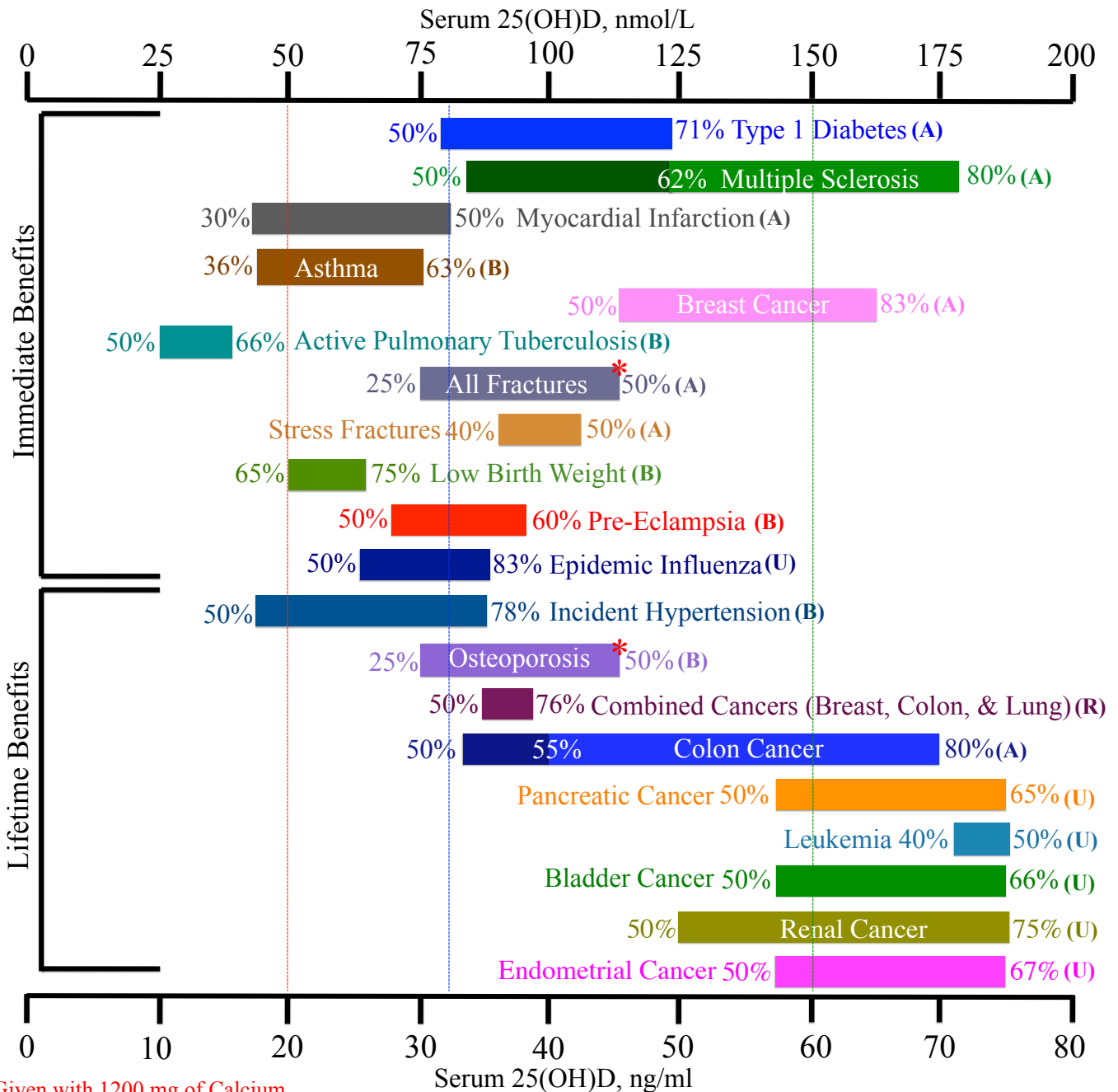


Vitamin D Would Help Reduce the Incidence of Disease of Major Public Health Importance

List of diseases that can be prevented in all or part by adequate vitamin D status, showing potential percentage preventable according to serum 25(OH)D concentration. There are no known adverse effects of serum 25(OH)D at these concentrations for nearly everyone. Estimated percentage reductions are relative to the lowest quintile of serum 25(OH)D, generally 10 ng/ml or 25 nmol/L.



*Given with 1200 mg of Calcium

Abbreviations: A. Cohort-based, B. Case-control, R. Randomized controlled trial, U. Ultraviolet B-based study
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Note: Light shading denotes extrapolated estimate. Credits: Baggerly C, Gorham E, Kim J, Mohr S, Garland C. (To be submitted for publication.)