

Additional daily intake observed to produce noted serum levels in women of childbearing age (18-45 years), and average weight (140 lbs).

Example: With a starting serum level of 20 ng/ml, an additional intake of 1500 IU/day would be sufficient for 50% of women to achieve a target serum level of 40 ng/ml. Some women require more; an additional 7400 IU/day would be sufficient for 90% of women to achieve 40 ng/ml.

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) is recommended.

Individuals should consult with a health care practitioner to develop a custom plan.

Change in Serum Level with Achievement Rates Based on Intake (IU/day) for Women of Childbearing Age

Expected Level (ng/ml) ▶	20	30	40	50	60	Achievement rate ▼
10	200	500	1700	5300	9100	50%
	1100	4600	8400	10,000	10,000	90%
15	100	400	1600	5200	9000	50%
	800	4400	8100	10,000	10,000	90%
20		300	1500	5100	8900	50%
		3600	7400	10,000	10,000	90%
25		200	1400	5000	8800	50%
		1900	5700	9500	10,000	90%
30			1200	4900	8800	50%
			3800	7600	10,000	90%
35			900	4500	8300	50%
			1900	5700	9500	90%
40				3700	7500	50%
				3800	7600	90%
45				1900	5700	50%
				1900	5700	90%
50					3800	50%
					3800	90%

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