VITAMIN D INTAKE & TOXICITY*

No toxicity below 30,000 IU/d

No toxicity below 500 nmol/L (200 ng/mL)

- 15 studies of adults receiving vitamin D supplementation (means)
- 8 studies reporting toxicity (individual values)


Presented by Dr. Robert Heaney.
Vitamin D for Public Health Seminar, 12/2014
©2015 GrassrootsHealth

GrassrootsHealth
Moving Research into Practice
www.grassrootshealth.net