

# Supplementary Materials: Optimal Vitamin D Supplementation Doses that Minimize the Risk for Both Low and High Serum 25-Hydroxyvitamin D Concentrations in the General Population

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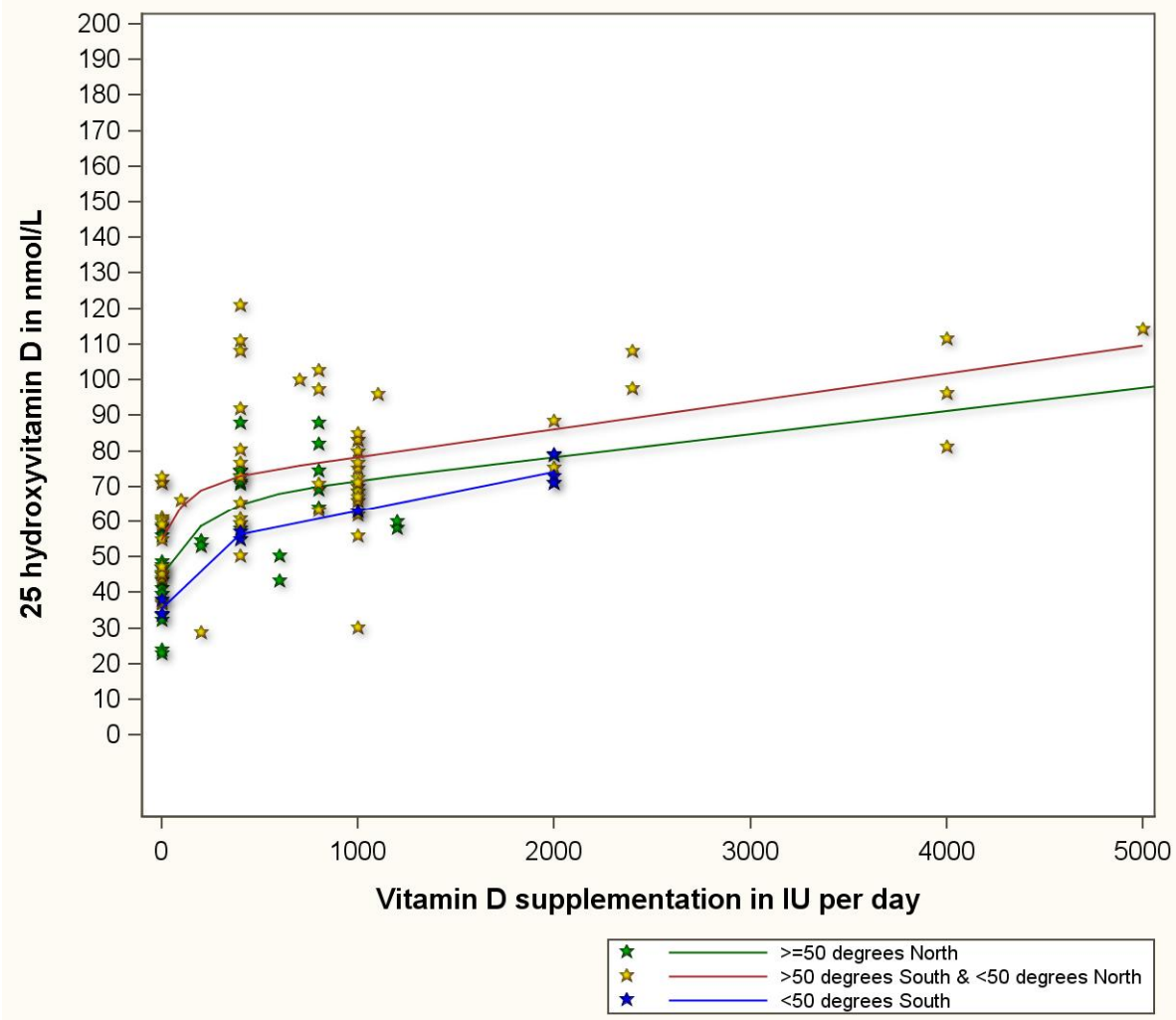


Figure S1. Mean serum 25(OH)D concentrations by vitamin D supplementation derived from published means and standard deviations stratified by latitude. Note: No studies were available that examined doses above 2000 IU per day in locations above 50° N and below 50° S.

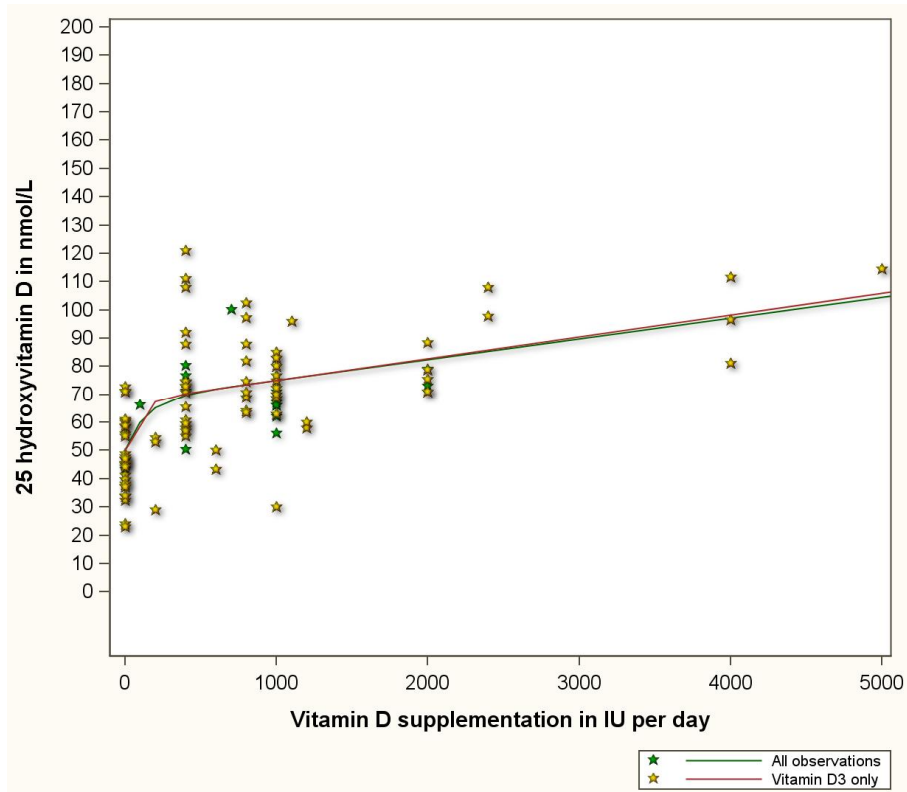


Figure S2. Mean serum 25(OH)D concentrations by vitamin D supplementation derived from published means and standard deviations stratified by vitamin D type. Note: Too few studies had examined vitamin D2 to allow for a direct comparison of vitamin D2 with vitamin D3.

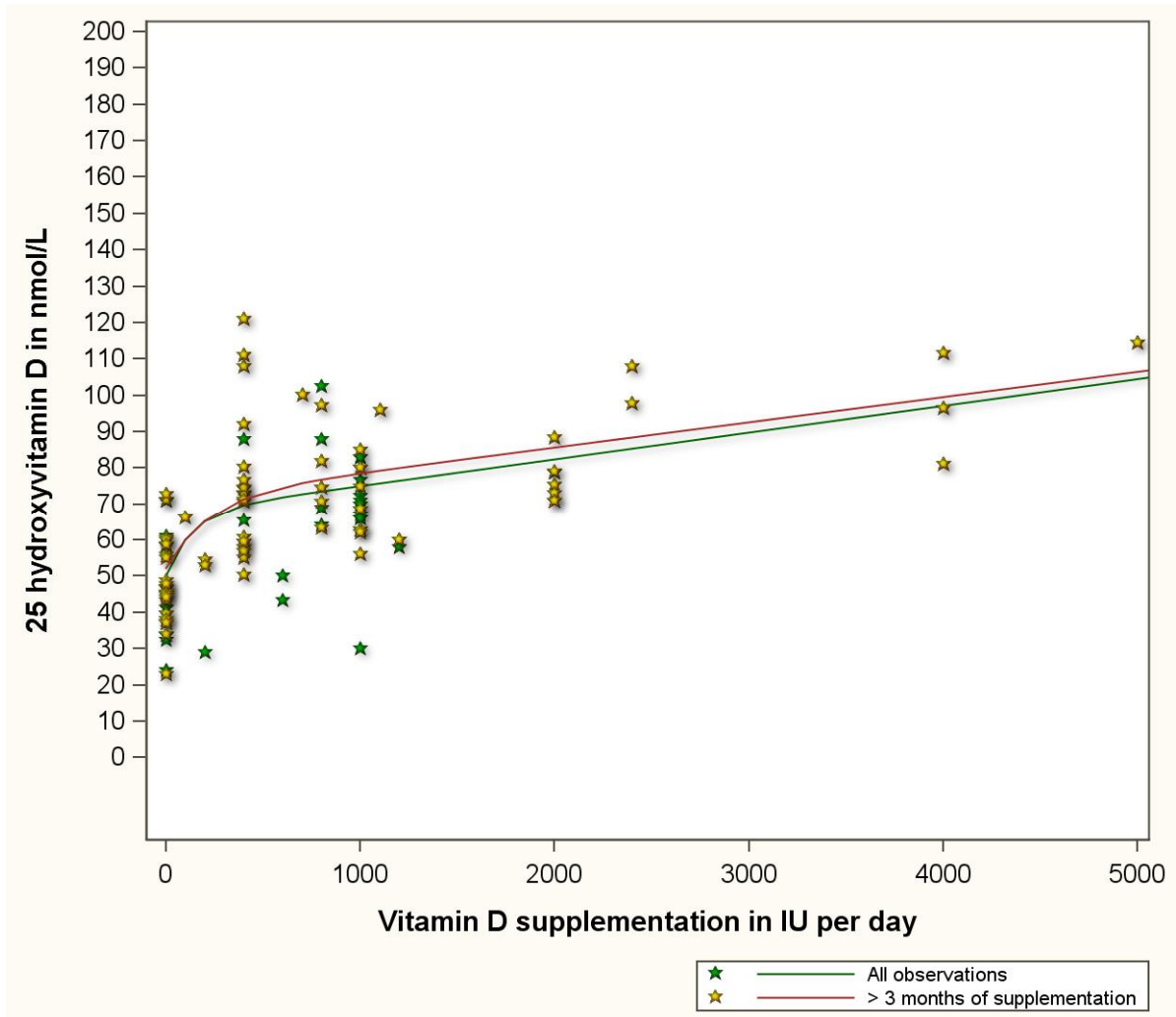


Figure S3. Mean serum 25(OH)D concentrations by vitamin D supplementation derived from published means and standard deviations stratified by period between commencing vitamin D supplementation and assessing serum 25(OH)D concentrations. Note: Too few studies with a short period between commencing supplementation and assessment of serum 25(OH)D concentrations were available to allow for stratification by the length of this period.