

50?  
40?  
20? 30?

# EVERYONE NEEDS VITAMIN D, BUT HOW MUCH?

Everyone responds differently to vitamin D supplement amount - by up to 6 times! What is enough for one person may not be enough for you...

Recommended intakes for vitamin D are 400-800 IU/d from government agencies in US, Canada and UK, but to reach a target level of 40-60 ng/ml may take up to **ten times as much and taking 4000 IU a day is considered safe for every adult.**

## WHO MAY NEED MORE VITAMIN D AND WHEN?

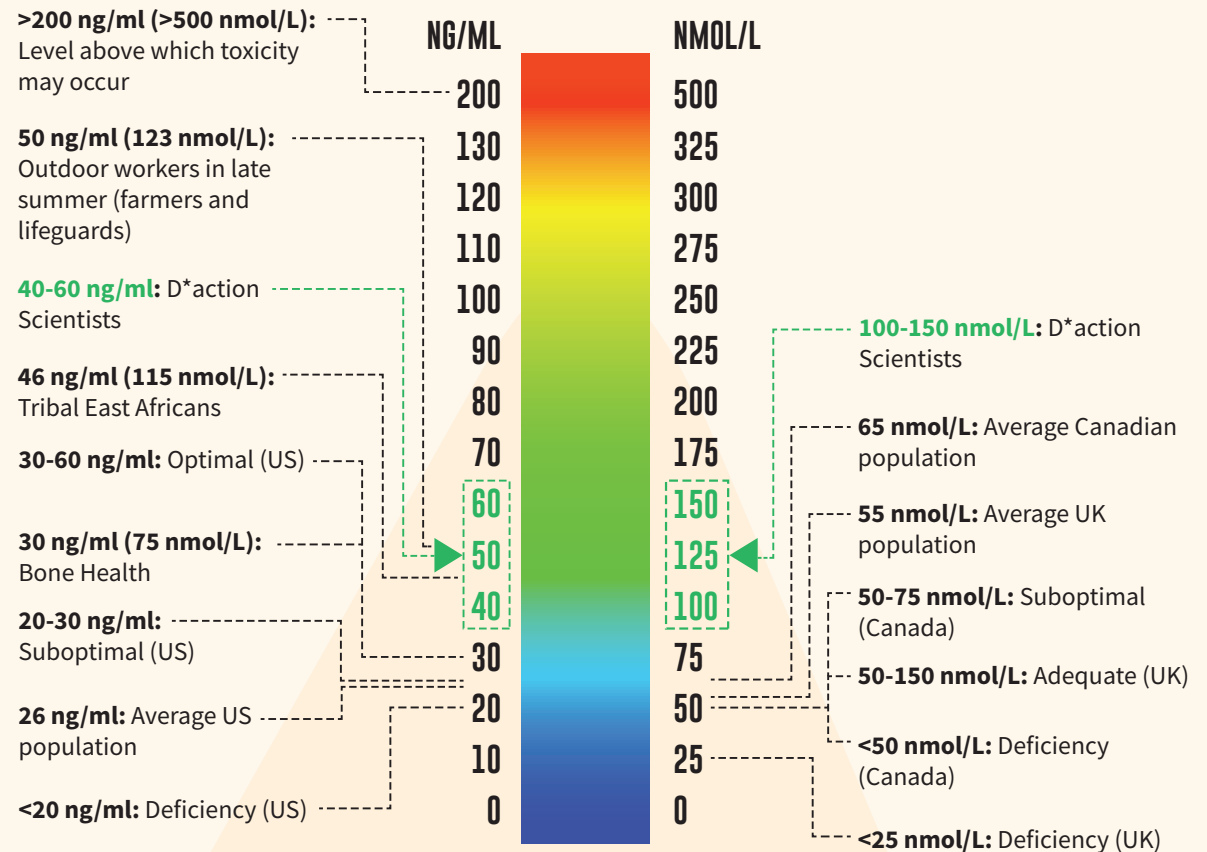
- + people with dark skin
- + higher body weight (overweight and obese)
- + indoor and night-shift workers
- + cover body with clothing when outdoors
- + live north of 44°N latitude (north of Kansas) during winter months

## WHAT CAUSES THE DIFFERENCE?

- + how much time you spend in the summer sun
- + genetics and age
- + digestion problems (such as irritable bowel syndrome)
- + medication (such as prednisone)
- + lack of co-factors such as magnesium, vitamin K2, calcium and vitamin C
- + taking supplements without a meal

**TESTING YOUR VITAMIN D BLOOD LEVEL [25(OH)D] IS THE ONLY WAY TO KNOW IF YOU ARE GETTING ENOUGH!**

## STEP 1 MEASURE 25(OH)D TO KNOW WHETHER YOU NEED MORE



## STEP 2 DETERMINE SUPPLEMENTATION AMOUNT TO REACH TARGET BLOOD LEVEL OF AT LEAST 40-60 NG/ML (100-150 NMOL/L)

To see how much vitamin D to take each day to make sure your blood level will be right for you, see the dose calculator at [grassrootshealth.net/dcalculator](http://grassrootshealth.net/dcalculator).

## STEP 3 RETEST TO MAKE SURE YOUR LEVEL HAS ADJUSTED TO SUPPLEMENTATION (3-6 MONTHS)

Make sure you are responding to supplementation as expected.