

Table 1. Vitamin D intakes recommended by the Institute of Medicine (IOM) and the Endocrine Practice Guidelines Committee for prevention of vitamin D deficiency¹

| Life stage group | IOM recommendations | | Endocrine Guidelines Committee recommendations for patients at risk for vitamin D deficiency | |
|--|--|-----------------------------|--|-------------------|
| | Daily recommended dietary allowance ² | Tolerable Daily upper limit | Daily requirement | Daily upper limit |
| Infants 0-6 months | - | 1000 IU (25 mcg) | 400-1,000 IU | 2,000 IU |
| Infants 7-12 mos | - | 1500 IU (38 mcg) | 400-1,000 IU | 2,000 IU |
| Children 1-3 yrs | 600 IU (15 mcg) | 2,500 IU (63 mcg) | 600-1,000 IU | 4,000 IU |
| Children 4-8 yrs | 600 IU (15 mcg) | 3,000 IU (75 mcg) | 600-1,000 IU | 4,000 IU |
| Males & Females 9-18 yrs | 600 IU (15 mcg) | 4,000 IU (100 mcg) | 600-1,000 IU | 4,000 IU |
| Males & Females 19-70 yrs | 600 IU (15 mcg) | 4,000 IU (100 mcg) | 1,500-2,000 IU | 10,000 IU |
| Adults 70+ yrs | 800 IU (20 mcg) | 4,000 IU (100 mcg) | 1,500-2,000 IU | 10,000 IU |
| Pregnant & lactating women 14-18 yrs | 600 IU (15 mcg) | 4,000 IU (100 mcg) | 600-1,000 IU | 4,000 IU |
| Pregnant & lactating women 19-50 yrs | 600 IU (15 mcg) | 4,000 IU (100 mcg) | 1,500-2,000 IU | 10,000 IU |

¹This table is extracted with permission from reference #1.

²no figures provided for infants due to lack of sufficient data.

Table 2. Current interpretation of a person's vitamin D status as indicated by blood levels of 25(OH)D (9,10, 17)

| Blood levels of 25(OH)D | | Status |
|-------------------------|---------|--------------|
| ng/ml | nmol/L | |
| 20 | 50 | Deficient |
| 21-29 | 53-73 | Insufficient |
| 30-44 | 75-110 | Sufficient |
| 50-60 | 125-150 | upper limit |

References

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- Bischoff-Ferrari HA(1), Shao A, Dawson-Hughes B, Hathcock J, Giovannucci E, Willett WC. Benefit-risk assessment of vitamin D supplementation. *Osteoporos Int.* 2010 Jul;21(7):1121-32. doi: 10.1007/s00198-009-1119-3. Epub 2009
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“D”

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