

Recommended Vitamin D levels
Based on a measurement of 25 hydroxy Vitamin D

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The lack of vitamin D is often a major factor in debilitated patients. In some individuals the level of vitamin D can be below optimal levels. In general there is a general overuse of sunscreen with little or no exposure to sunlight. Aging skin is less likely to convert sunlight to vitamin D in the body. The result of these conditions is low vitamin D levels in the body.

In the northern latitudes vitamin D is almost always below optimal levels in the winter and early Spring unless it is supplemented at a level of at least 1000 IU daily (check your supplements for D3, the only kind which can be measured by the 25-hydroxy vitamin D blood test). Health care professionals find that daily doses of 5,000 IU to 10,000 IU are often very useful in dealing with chronic pain. Serum Calcium and/or 25 hydroxy vitamin D levels are used to monitor the use of vitamin D at these levels.

Michael Holick. PhD, MD, has written several books on health problems that stem from low levels of Vitamin D.

This is a summary of *25 hydroxy Vitamin D Levels from his book, The UV Advantage, 2005*

Dr Holick	Levels	Vitamin D Council	Levels
Generally accepted low	10 ng/ml		
Average level during winter	15 ng/ml		
Min bone Health	20 ng/ml	Deficient	0-30 ng/ml
Minimum cell Health	30 ng/ml	Insufficient	31-39 ng/ml
Health Range	30-60 ng/ml	Sufficient	40-80 ng/ml
Gen Accepted Safe Level	55 ng/ml		
Max safe Level	<100 ng/ml		
Toxic Levels	> 150 ng/ml	Toxic	>150 ng/ml

My recommendation is that you ensure at least 1000 IU vitamin D in your multi vitamin. Ultra Vites, for instance, provides this level. If higher levels are warranted, consider Vitamin D5000.



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