

Vitamin D Supplement Doses and Serum 25-Hydroxyvitamin D in the Range Associated with Cancer Prevention

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KEY POINTS FROM THIS STUDY:

- 1) The vitamin D testing done in this study was a blood spot D3 test kit manufactured by ZRT Laboratory (Beaverton, OR).
- 2) This study evaluated the vitamin D intake in a community-based cohort of 3,667 persons, mean age 51.3.
- 3) Serum D3 concentration of 60-80 ng/ml may be needed to reduce cancer risk.
- 4) The supplemental dose of vitamin D3 ensuring that 97.5% of this population achieved a serum D3 of at least 40 ng/ml was 9,600 IU/d.
- 5) Serum D3 concentration above 200 ng/ml are considered to be toxic.
- 6) Intakes of up to 40,000 IU vitamin D per day are unlikely to result in vitamin D toxicity.

Minimum Value of serum D3	30 ng/ml	40 ng/ml	50 ng/ml
Daily amount of supplemental Vit D required to ensure everyone in the group reached this value of serum Vit D, assuming everyone obtained 3,300 IU Vit D from sun exposure	6,100 IU	9,600 IU	14,100 IU
Daily amount of supplemental Vit D required to ensure everyone in the group reached this value of serum Vit D with no sun exposure	9,400 IU	12,900 IU	17,400 IU
Mean Vit D values in those with this degree of Vit D intake	65 ng/ml	75 ng/ml	85 ng/ml

COMMENT FROM DAN MURPHY:

Apparently, we all need much more D3 from the sun and supplements.