

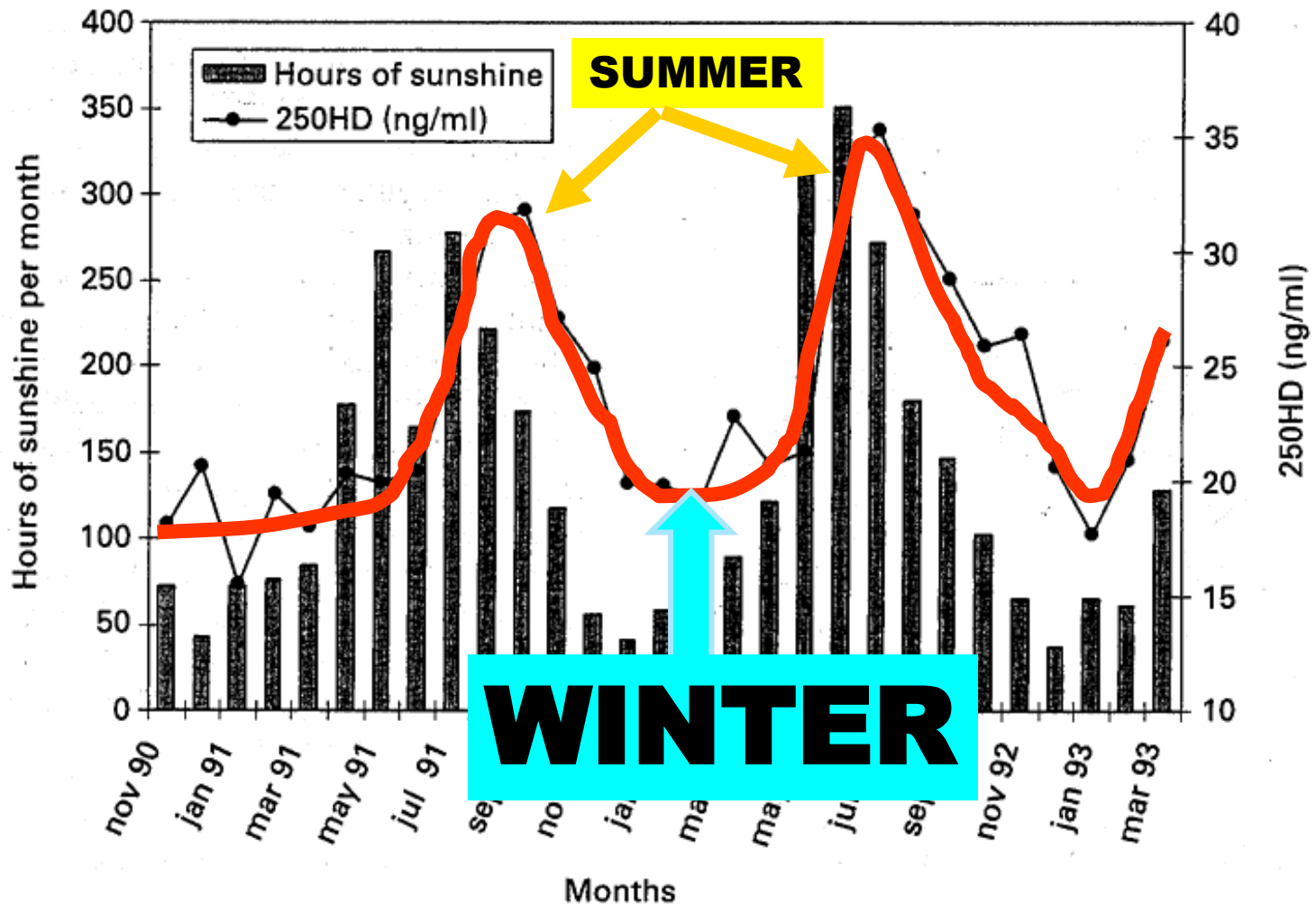
THE D-LIGHTFUL VITAMIN



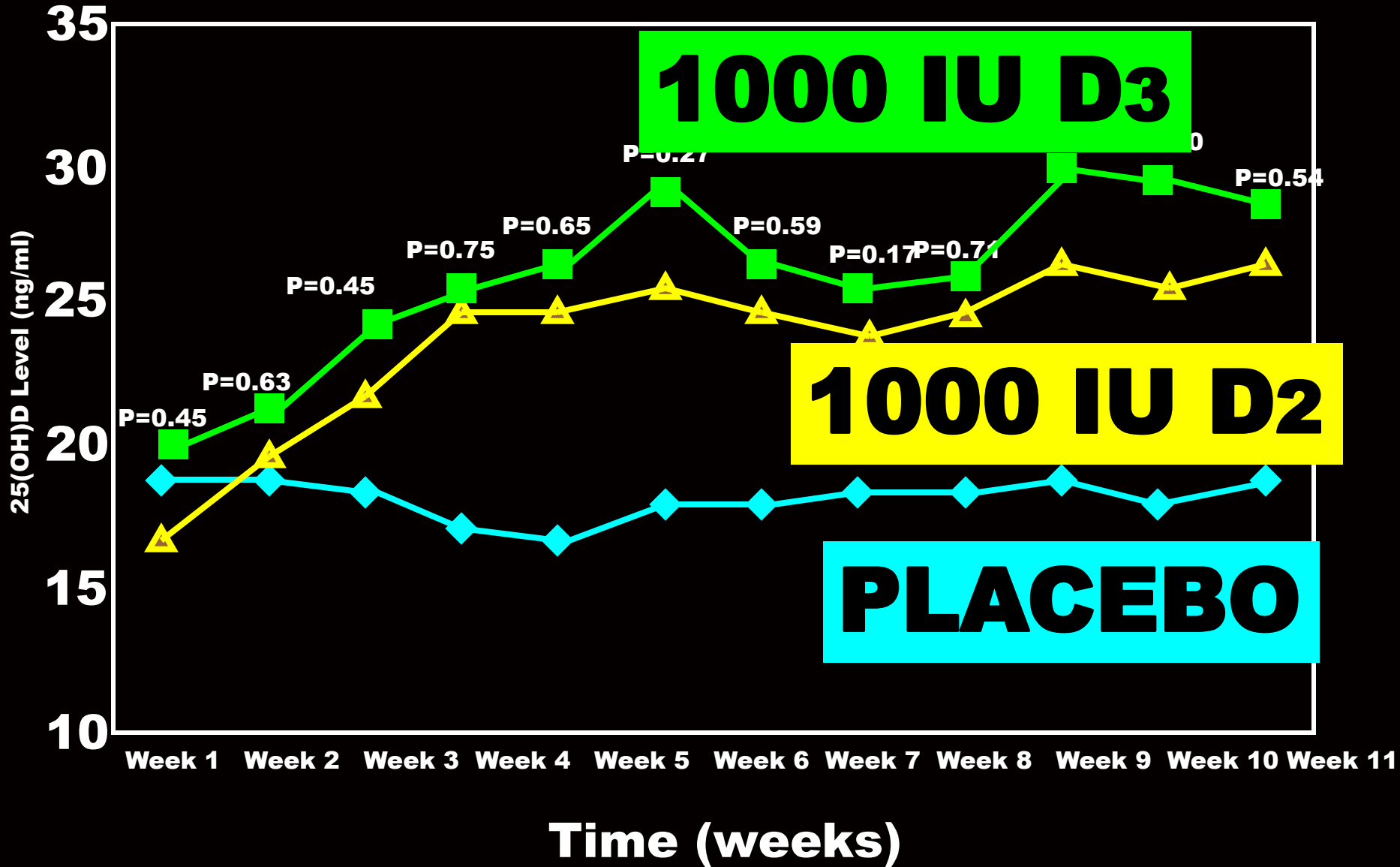
FOR HEALTH

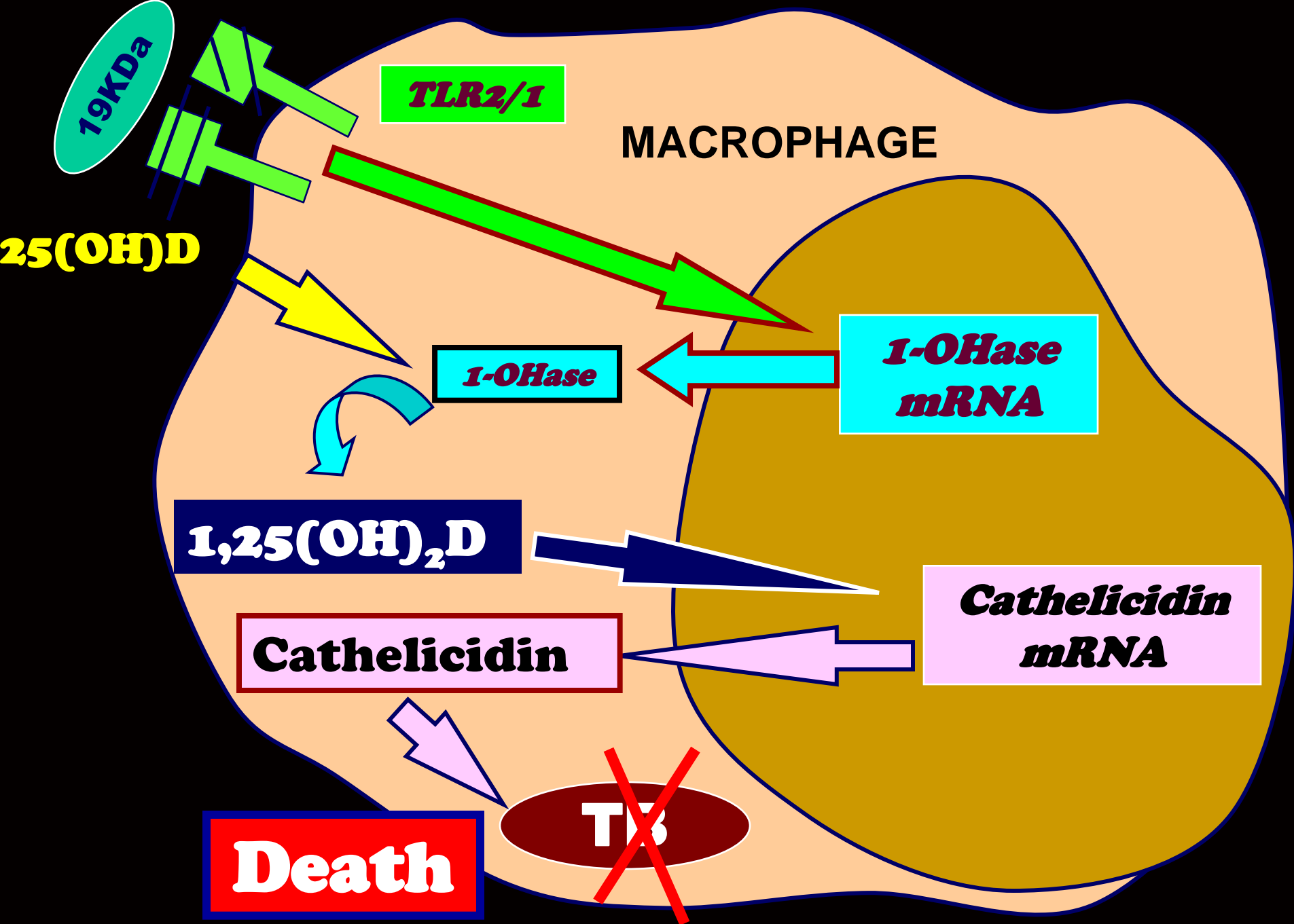
Michael F. Holick

Boston University Medical Center



Mean Serum Total 25(OH)D Levels





Recommended Intake

0-1 YEAR

600-1000 IU/D

1-18 YEAR

600-1000 IU/D

18+ YEARS

1500-2000 IU/D

Obesity

2-3 Times more