

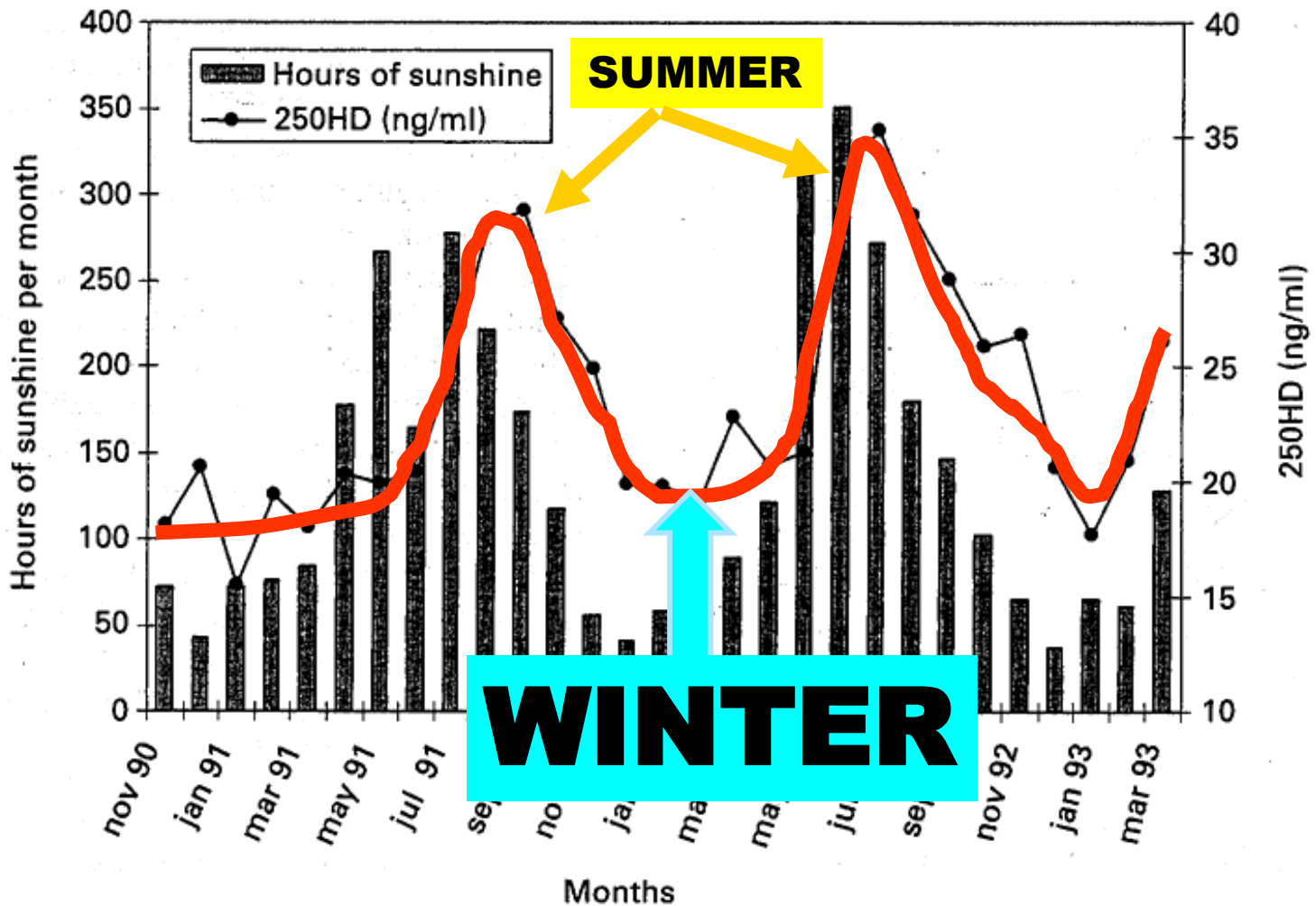
# **THE D-LIGHTFUL VITAMIN**



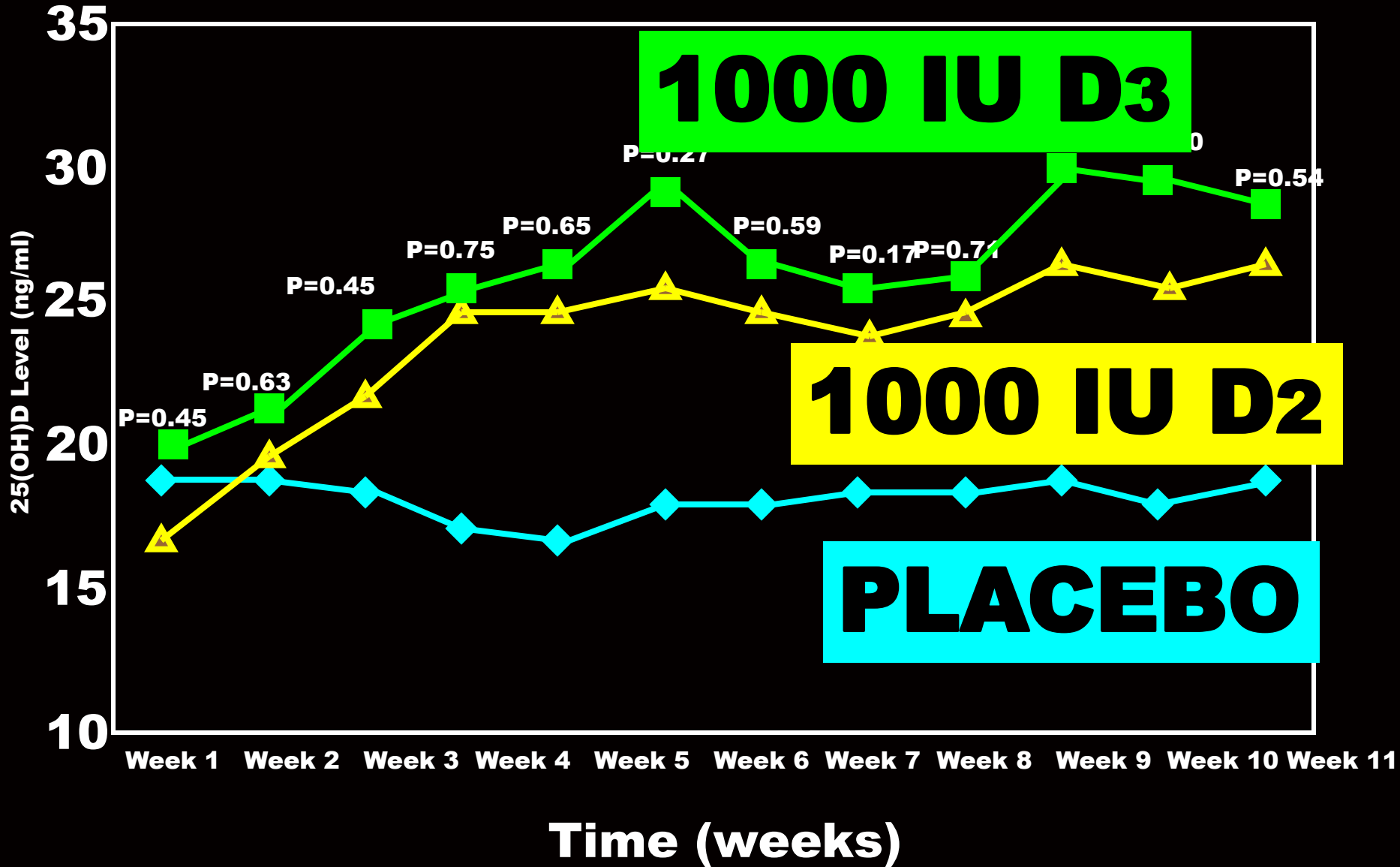
# **FOR HEALTH**

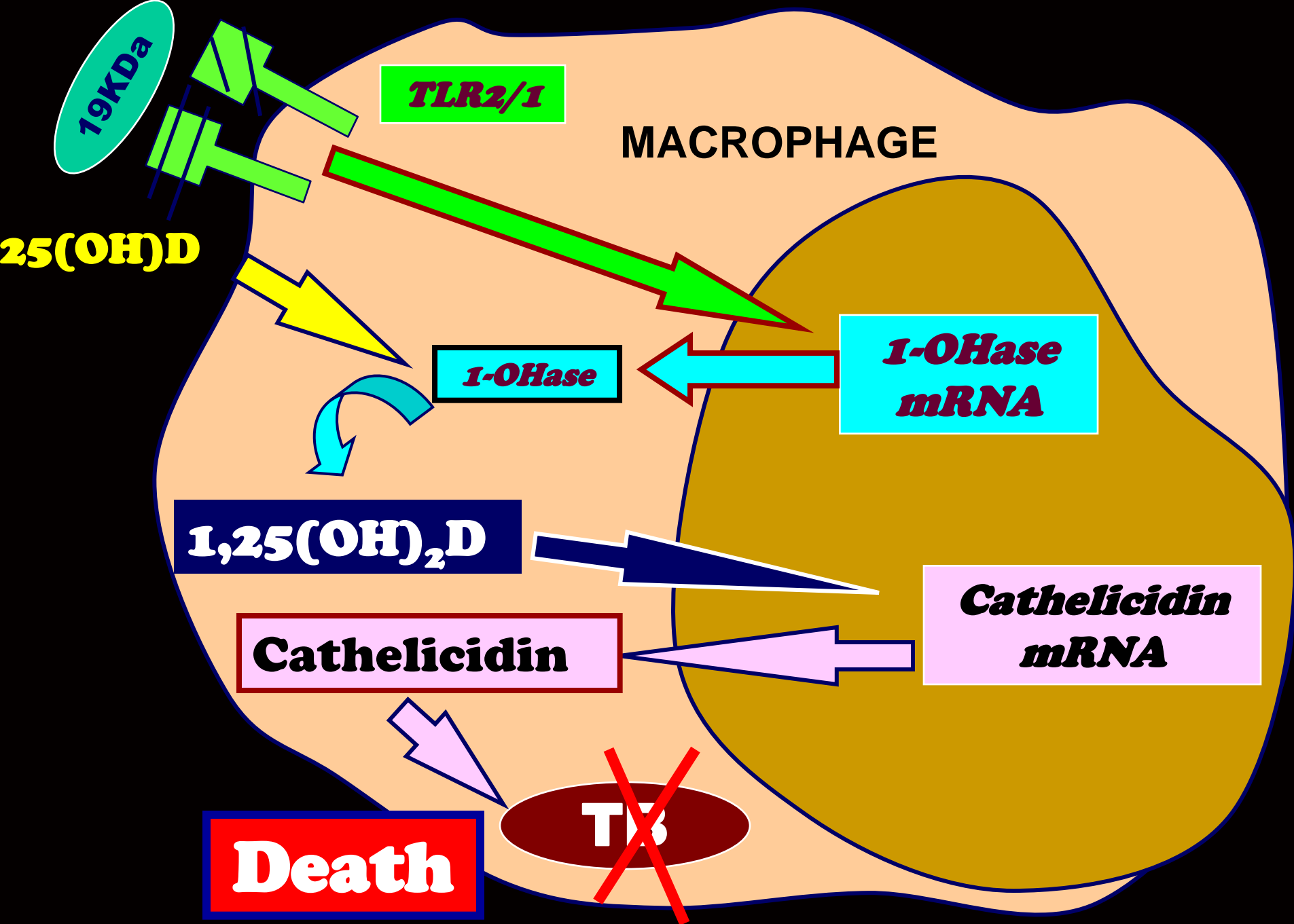
**Michael F. Holick**

**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**