

ASKING THE EXPERTS ABOUT OPTIMAL VITAMIN D LEVELS

The following Vitamin D experts were asked what people should strive for regarding an optimal blood serum concentration of vitamin D. The range determined for optimal health, including skeletal and non-skeletal benefits, is achieved at a vitamin D status of 100-250 nmol/L (ng/ml).

Expert	Optimal Range for 25(OH)D (nmol/L)	Minimal acceptable 25(OH)D (nmol/L)	Maximal acceptable 25(OH)D (nmol/L)
Michael Holick, Ph.D., M.D. Boston University Medical Centre http://drholick.com	100-250	75	375
Reinhold Vieth, Ph.D. Nutritional Sciences University of Toronto http://nutrisci.med.utoronto.ca/faculty/Vieth/	100-200	50	250
William Grant, Ph.D. Sunlight, Nutrition, and Health Research Centre (SUNARC) http://www.sunarc.org/about.htm	75-125		
Bruce Hollis, Ph. D. Medical University of South Carolina · Department of Pediatrics http://www.researchgate.net/profile/Bruce_Hollis	100-250		
Samantha Kimball, Ph.D. Director of Research, Pure North http://purenorth.ca	125-250	100	350
David Hanley BA, MD, FRCPC Professor, Division of Endocrinology and Metabolism, Departments of Medicine, Oncology and Community Health Sciences, University of Calgary http://www.departmentofmedicine.com/endo/bios/hanley.htm	100-250	75	
Richard Lewanczuk M.D., Ph. D. University of Alberta, Alberta Health Services http://www.albertafamilywellness.org/resources/faculty-members/richard-lewanczuk-md-phd	120-300		
Grassroots Health http://grassrootshealth.net	100-250		
Endocrine Society http://www.endocrine.org	100-250		