

*Recommended Dietary Allowances*

Age	Male	Female	Pregnancy	Lactation	Tolerable Upper Limit
0 – 6 months*	400 IU	400 IU			1,000 IU
1 –3 years	600 IU (15 mcg)	600 IU (15 mcg)			2,500 IU
4 – 8 years	600 IU (15 mcg)	600 IU (15 mcg)			3,000 IU
9 -13 years	600 IU (15 mcg)	600 IU (15 mcg)			4, 000 IU
14 – 18 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	4,000 IU
19 – 50 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	4,000 IU
51 – 70 years	600 IU (15 mcg)	600 IU (15 mcg)			4,000 IU
> 70 years	800 IU (20 mcg)	800 IU (20 mcg)			4,000 IU

\* *Adequate Intake (AI)*: established when evidence is insufficient to develop an RDA and is set at a level assumed to ensure nutritional adequacy.

*Recommended Dietary Allowance (RDA)*: average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy people.

<b>FOOD SOURCES</b>	IUs Per Serving	Percent Daily Value
Cod liver oil, 1 tablespoon	1,360	340
Salmon (sockeye), cooked, 3 ounces	447	112
Mackerel, cooked, 3 ounces	388	97
Tuna fish, canned in water, drained, 3 ounces	154	39
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137	34
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	115 - 24	29 -31
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more	88	22

Reference Blood Levels and Health Status

Nmol/L**	Ng/ml *	Health Status
< 30	<12	Associated with vitamin D deficiency, leading to rickets in infants and children and osteomalacia in adults
30 - 50	12 - 20	Generally considered inadequate for bone and overall health in healthy individuals
≥ 50	≥ 20	Generally considered adequate for bone and overall health in healthy individuals
≥ 125	≥ 50	Emerging evidence links potential adverse effects to such high levels particularly >150 nmol/L (>60 ng/mL)

\*\* Nmol/L – nanomoles per liter

\* Ng/ml – nanograms per milliliter