

## Vitamin D3 Dosage Table for Adults:

<b>D3 Dose for adults</b>	<b>Body Mass (kg / Pounds)</b>			
Body mass (kg):	50-70	71-90	91-120	> 120
Body mass (pounds):	110-155	156-199	200-264	> 265
<b>How much strong sun?</b>	<b>Vitamin D3 daily supplement (IU)</b>			
No Sun	3500	5000	6500	7500
A little on most days	3000	4000	5000	6000
Lots (outdoor type)	1500	2000	2500	3000
Very substantial, daily	0	0	0	0

The children's vitamin D dosage table works much the same way. Select the column according to the child's body mass (not by age).

## Vitamin D3 Dosage Table for Children:

<b>D3 Dose for children</b>	<b>Body Mass (kg / pounds)</b>			
Body mass (kg):	5-10	11-20	21-35	36-49
Body mass (pounds):	11-22	23-45	46-77	78-109
<b>How much strong sun?</b>	<b>Vitamin D3 daily supplement (IU)</b>			
No Sun	500	1000	1800	2500
A little on most days	400	800	1500	2000
Lots (outdoor type)	200	400	800	1000
Very substantial, daily	0	0	0	0

NOTE - 1 ug (microgram) = 40 iu (international units)

The above information provides a suggested daily intake of vitamin D. *Optimal* levels of vitamin D can only be achieved through specific blood tests.