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## **Vitamin D: 21 Studies Show That “Almost All” Adults Can Safely Take 10,000 IU/Day**

**Michael’s Comment:** A comprehensive analysis of vitamin D studies, by four world authorities, showed that “almost all adults” can safely take 10,000 IU of vitamin D per day. The rare adults that should only take vitamin D with a doctor’s monitoring are detailed below.

**Title: Risk assessment for vitamin D.** *Hathcock JN, Shao A, Vieth R, Heaney R*  
<http://ajcn.nutrition.org/content/85/1/6.full.pdf>

### **ABSTRACT**

The objective of this review was to apply the risk assessment methodology used by the Food and Nutrition Board (FNB) to derive a revised safe Tolerable Upper Intake Level (UL) for vitamin D. New data continue to emerge regarding the health benefits of vitamin D beyond its role in bone.

The intakes associated with those benefits suggest a need for levels of supplementation, food fortification, or both that are higher than current levels.

A prevailing concern exists, however, regarding the potential for toxicity related to excessive vitamin D intakes.

The UL established by the FNB for vitamin D (50mcg, or 2000 IU) is not based on current evidence and is viewed by many as being too restrictive, thus curtailing research, commercial development, and optimization of nutritional policy.

Human clinical trial data published subsequent to the establishment of the FNB vitamin D UL published in 1997 support a significantly higher UL.

We present a risk assessment based on relevant, well-designed human clinical trials of vitamin D.

Collectively, the absence of toxicity in trials conducted in healthy adults that used vitamin D dose  $\geq 250$  mcg/d (10,000 IU vitamin D<sub>3</sub>) supports the confident selection of this value as the UL. (UL = Tolerable (Safe) Upper Limit.)

**Vitamin D Council: Can anyone take vitamin D supplements?**  
<http://www.vitamincouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/#>

Most people can take vitamin D supplements with no problems. However, care is needed in a few situations. These situations include:

- If you're taking certain other medicines: digoxin for an irregular heartbeat (atrial fibrillation) or thiazide diuretics such as hydrochlorothiazide or bendroflumethiazide (commonly used to treat high blood pressure). In this situation, don't take high doses of vitamin D. You should also have your digoxin level monitored more closely if you're taking vitamin D.
- If you have one of these medical conditions: primary hyperparathyroidism, Hodgkin's or non-Hodgkin's lymphoma, a granulomatous disease, kidney stones, some types of kidney disease, liver disease or hormonal disease, you should get advice from a specialist. See our Hypersensitivity page for more information.
- Don't take vitamin D if you have high blood calcium levels, unless under the care of your physician.
- You may need more than the usual dose of vitamin D if you're taking certain medicines which interfere with vitamin D. These include: carbamazepine, phenytoin, primidone, barbiturates and some medicines used for the treatment of HIV infection.

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