



Vitamin D

National Osteoporosis Foundation recommends that all adults consume 800-1000IU daily.

Continuous and ongoing research show Vitamin D levels as a marker of overall health, in addition to importance for bone protection. Preliminary fertility research demonstrates possible connection to pregnancy implantation.

Normal 25-OH Vit D levels are 30-40ng/ml.

- Best form of Vitamin D is dietary, such as milk (approximately 100IU/ 8 oz)
- Supplements should be taken as Vitamin D3 (Centrum)

Levels:

>30ng/ml: Continue taking PNV or Vitamin D 400-800 IU/ day

25-30ng/ml: 2,000 IU daily and recheck in 10-12 weeks

20-25ng/ml: 4,000 IU daily and recheck in 10-12 weeks

<20 ng/ml: 6,000 IU daily and recheck in 10-12 weeks

<15: Consider consult with endocrinologist for appropriate dosing and long term follow up

With pregnancy, all patients should reduce to 2,000 IU/day



References:

Garbedian, et al. Effect of vitamin D status on clinical pregnancy rates following in vitro fertilization. *CMAJ Open* 2013; 1(2); E77-83.

Ozkan, et al. Replete vitamin D stores predict reproductive success following in vitro fertilization. *Fertility Sterility* 2010 94(4);1314-9.

Rudick, et al. Influence of Vitamin D Levels on IVF outcomes in donor-recipient cycles. *Fertility Sterility* 2014 101:2; 447-452.