

Serum 25-OH-D, nmol/L*†	Category	Level of evidence
< 25	Vitamin D deficiency	3
25–75	Vitamin D insufficiency‡	2
> 75	Desirable vitamin D status	3
> 250	Potential adverse effects	2

*Assumes that serum 25-OH-D is measured by a clinical laboratory participating in an external quality assurance program.

†2.5 nmol/L = 1 ng/mL.

‡“Insufficiency” is a milder form of deficiency and should preferably be termed “suboptimal vitamin D status.”

Vitamin D Guidelines Canada Cmaj

Ying-Ying Zheng



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In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Vitamin D Guidelines Canada Cmaj**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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