

COMPREHENSIVE PHYSICAL THERAPY		
Melinda Amato OTR/L CHT Brandon Heyda OTR/CHT	Raymond Ryan PT/Director Valerie Peckingham PT Isabella Mesturini PT,DPT	Peter Ives PTA Kirsten Perillo PTA

## Megan R. Wolf, MD Sports Medicine/Foot & Ankle

## Vitamin D3 Supplementation Guidelines

### Levels 20 and below:

- 50,000 IU Vitamin D3 weekly for 8 weeks; then 3,000 IU Vitamin D3 (OTC) daily for treatment
- 400-500mg magnesium citrate (if athlete is less than 100 lbs: 200-250mg)
- 100 mcg K2

*Recheck levels at 8 weeks, once optimal level obtained: 1,000 – 3,000 IU daily for maintenance.*

### Levels 21-30:

- 50,000 IU Vitamin D3 weekly for 4 weeks; then 3,000 IU Vitamin D3 (OTC) daily for treatment
- 400-500mg magnesium citrate (if athlete is less than 100 lbs: 200-250mg)
- 100 mcg K2

*Recheck levels at 8 weeks, once optimal level obtained: 1,000 – 3,000 IU daily for maintenance.*

### Levels 31-40:

- 3,000 IU Vitamin D3 (OTC) daily
- 400-500mg magnesium citrate (if athlete is less than 100 lbs: 200-250mg)
- 100 mcg K2

*Recheck levels at 8 weeks, once optimal level obtained: 2,000 IU daily for maintenance*

### Levels 41-50:

- 2,000 IU Vitamin D3 (OTC) daily
- 400-500mg magnesium citrate (if athlete is less than 100 lbs: 200-250mg)
- 100 mcg K2

*Recheck levels at 8 weeks, once optimal level obtained: 1,000 IU daily for maintenance*