Connecticut Orthopaedics

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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)

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)

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)

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)

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