How to get your Vitamin D levels up to where they need to be

1. Get your vitamin D level tested - get a 25OH Vitamin D test
2. Find out your number
3. Supplement the proper level of Vitamin D3 to get you to your target - it takes approximately 1,000iu's of Vitamin D3 to raise your blood level 8 to 10 points.
4. Take Vitamin D3 supplement with food that contains fat. Vitamin D absorbs best with fat. ie. Avocado, butter, foods cooked in olive oil, salmon, full fat dairy or cheese, coconut, meat, nut butters.

Example - you get your bloodwork back and your vitamin D is 23 - you want it to be between 50 and 75. So your goal is to raise it 40 points. Take 4,000 iu's in addition to what you are taking to get your blood level above 60.