Dr.Lee can show you what these mean. The higher the blood level of Vitamin D, the more reduction in chances of getting these. Vitamin D3 is very important! There are also studies showing that neuromuscular function is impaired by low levels of Vitamin D.

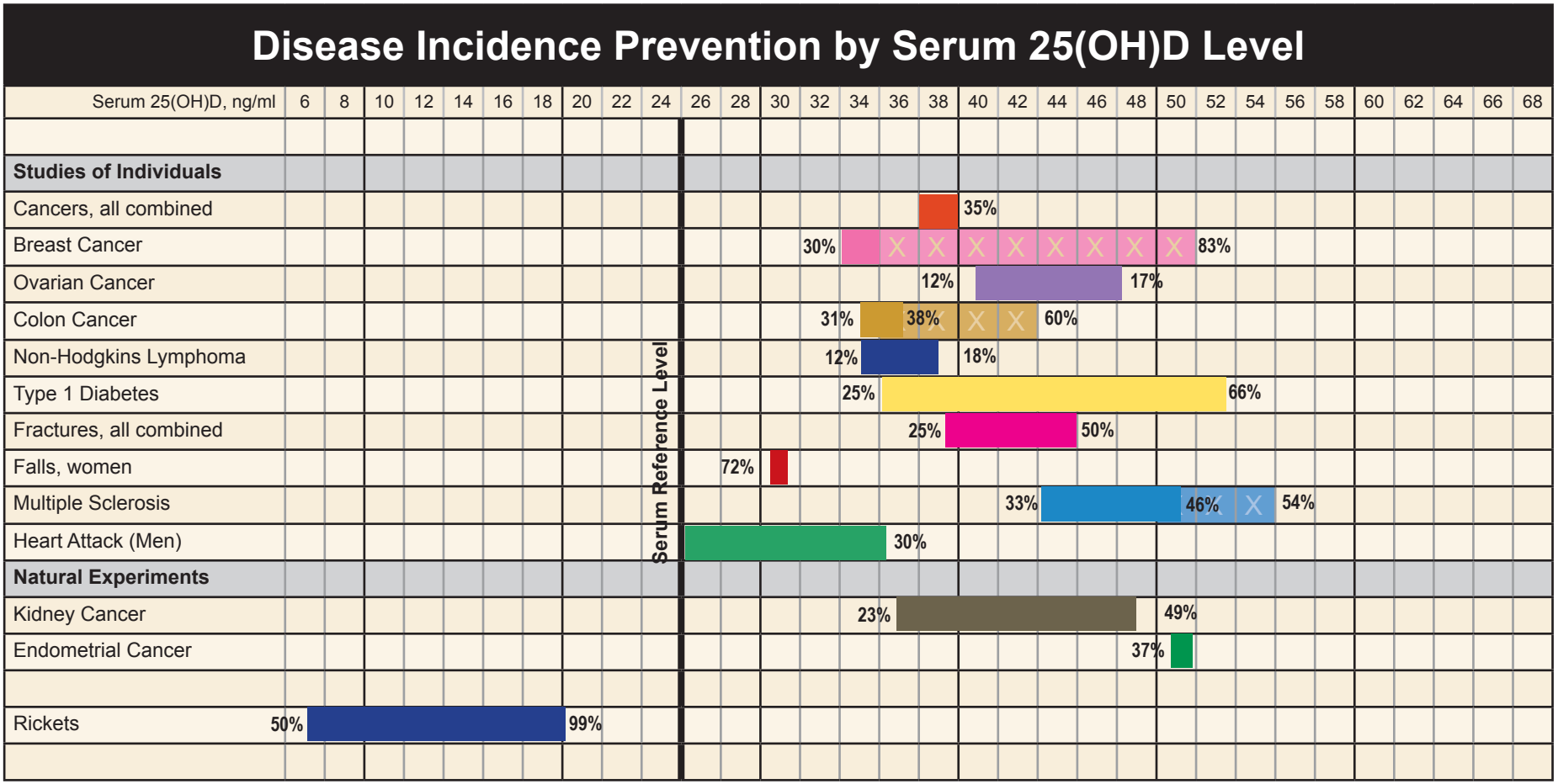

Chart prepared by: Garland CF, Baggerly CA

Legend:
All percentages reference a common baseline of 25 ng/ml as shown on the chart.
%'s reflect the disease prevention % at the beginning and ending of available data. Example: Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 50 ng/ml vs the baseline of 25 ng/ml.
The x's in the bars indicate 'reasonable extrapolations' from the data but are beyond existing data.

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