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Vitamin D Levels Chart

25-hydroxy vitamin D blood test, in ng/mL and nmol/L, with a tracker for your results

WHAT YOUR 25(OH)D NUMBER GENERALLY MEANS

NG/ML	NMOL/L	STATUS	WHAT IT MEANS
Below 12	**Below 30**	Deficient	Linked to soft, weak bones (rickets in children, osteomalacia in adults)
12 to 19	**30 to 49**	Inadequate	Generally too low for bone and overall health in many people
20 to 50	**50 to 125**	Adequate	Generally enough for bone and overall health in healthy people
Above 50	**Above 125**	Higher than needed	Linked to potential harm, especially above 60 ng/mL (150 nmol/L). More is not better.

Status bands from the NIH Office of Dietary Supplements. **Why your report may look different:** many U.S. labs print a reference range of 30 to 100 ng/mL and flag anything under 30, based on a 2011 Endocrine Society guideline. In 2024 the Endocrine Society stopped endorsing 30 ng/mL as a target. Ask your doctor which target fits you.

Convert units: ng/mL × 2.5 = nmol/L · nmol/L × 0.4 = ng/mL | **Lab tip:** recheck about 3 months after changing a supplement dose, at the same lab if you can.

MY VITAMIN D TRACKER

DATE	RESULT (NG/ML)	SUPPLEMENT & DAILY DOSE	NOTES & QUESTIONS FOR MY DOCTOR

Created by Sonya M., CLS, Clinical Laboratory Scientist · More free charts at AskSonya.ai (spelled S-O-N-Y-A)

Educational only, not medical advice. Labs and experts use slightly different ranges: always use the reference range printed on your own report and talk with your healthcare provider about your results.

Sources: NIH Office of Dietary Supplements, Vitamin D Fact Sheet for Health Professionals; Endocrine Society clinical practice guidelines (2011, 2024).