

VITA-D₃[™] INTAKE CALCULATOR

Answer eight simple questions, total your score to calculate the recommended level of vitamin D supplementation for you. Subtract the vitamin D you already get from supplements and make up the difference with Shaklee Vita-D₃.

	QUESTION	LOW NEED	MODERATE NEED	HIGH NEED	YOUR SCORE
1.	What is the current calendar month?	May, Jun, Jul	Aug, Sep, Oct, Feb, Mar, Apr	Nov, Dec, Jan	
		0 IU	500 IU	1000 IU	IU
2.	What is your skin colour?	Light	Medium	Dark	
		1000 IU	1500 IU	2000 IU	IU
3.	How much sun exposure do you receive each day? (w/o sunscreen, skin exposed)	20–30 minutes or more each day	A few minutes	Very little to none	
		0 IU	250 IU	500 IU	IU
4.	What is the latitude of your residence in Canada or the USA?	Atlanta or south	North of Atlanta, south of Chicago	Chicago or north (all of Canada!)	
		0 IU	250 IU	500 IU	IU
5.	What is your BMI?*(or are you very overweight, overweight, or normal weight?)	<25 (normal weight)	25–30 (overweight)	>30 (very overweight)	
		0 IU	125 IU	250 IU	IU
6.	Do you regularly consume fish, vitamin D–fortified dairy foods, cereals, or juices?	Regularly or daily	Occasionally but not daily	Very little to none	
		0 IU	125 IU	250 IU	IU
7.	How often do you exercise?	Regularly or daily	Occasionally but not daily	Very little to none	
		0 IU	125 IU	250 IU	IU
8.	What is your age?	<30	30–50	>50	
		0 IU	125 IU	250 IU	IU
	Total ==>	1000 IU	3000 IU	5000 IU	IU (X)
	Shaklee Canada Products Already Being Used:	Vitamin D per Tab/Strip	Tablets/Strips per Day	Vitamin D Consumed/Day	
a	Super Cal Mag Plus	100 IU		IU	
b	Chewable Cal Mag Plus	50 IU		IU	
c	Advanced Formula Vita-Lea®	200 IU		IU	
d	Shaklee Vitalizer™	600 IU		IU	
e	Other	IU		IU	
				Sum (a to e) =>	IU (Y)
	Amt of Vita-D₃ to take:	1,000 IU	Difference =	X - Y =	IU

Notes: *BMI is Body Mass Index = mass [lb] x 703 / (height [in])² Margin of error is ± 500-1,000 IU.