

Maintenance Supplementation

The following nutrients are essential for good health and can sometimes be hard to get in your diet. This list describes basic supplementation guidelines that work well for most people. Please check with your healthcare provider to ensure these recommendations are appropriate for your individual needs.

Vitamin A

- 10,000–15,000 IU per day from cod or other fish liver oil source
- Do not supplement if eating liver regularly

Vitamin D

- Ideal blood level is 35–60 ng/mL
- Regular sun exposure is optimal way to increase blood levels, but this is not always practical for patients depending on skin tone, geography, season, and lifestyle
- Preferred form of supplementation is extra virgin cod liver oil, since it also contains vitamin A, which acts synergistically with vitamin D
- Recommended doses of supplementation based on blood levels:
 - < 15 ng/mL = 4,000 IU/day
 - 15–20 ng/mL = 3,000 IU/day
 - 20–25 ng/mL = 2,000 IU/day
 - 25–30 ng/mL = 1,500 IU/day
 - 30–35 ng/mL = 500 IU/day

Magnesium

- 300–500 mg per day of a chelated form (e.g., glycinate or malate)
- Larger doses may be warranted; check with your doctor

Vitamin K2

- Dose depends on version of supplement
- MK4: 1000 mcg (1 mg) per day
- MK7: 100–200 mcg per day

Vitamin C

- Supplementation not required if dietary intake adequate
- 500–1000 mg per day may be helpful for optimal immune function
- Larger doses may be warranted; check with your doctor

Iodine

- 800–1000 mcg per day is optimal for most people
- Larger doses may be warranted; check with your doctor
- Be cautious if you have Hashimoto's disease; check with your doctor