

VITAMINS

VITAMIN D3 IN BREAST MILK

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Here is the math: $1 \mu\text{g/L D}_3 \Rightarrow 40 \text{ IU/L D}_3 \Rightarrow 2,5 \text{ nmol/L D}_3$

The detection limit in breast milk is $0,2 \text{ nmol/L} = 0,08/\mu\text{g/L} = 3,2 \text{ IU/L}$ according to [vid Streym](#) who measured a median of $0.34 \text{ nmol/L 25-OH-D}_3$ in hind milk which is approx $5,4 \text{ IU/L}$.

[Li-Chieh Wang](#) gives no detection limit but measures approx $5 \text{ ng/mL} = 5.000 \text{ ng/L} = 5 \mu\text{g/L} = 12,5 \text{ nmol/L D}_3$ in breast milk equivalent to 200 IU/L , the 40fold amount to [vid Streym](#).

What is correct?

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