

A CARLAT PSYCHIATRY  
REFERENCE TABLE

Vitamin D: Quick Facts	
<b>Lab order</b>	25-hydroxy vitamin D (billing code E55.9)
<b>Interpretation</b>	Deficient: < 12 ng/mL (5% of population) Insufficient: 12–20 ng/mL (18%) Sufficient: 20–40 ng/mL
<b>Treatment</b>	For deficiency, start 2000 IU of vitamin D <sub>3</sub> (cholecalciferol) daily For insufficiency, start 1000 IU of vitamin D <sub>3</sub> (cholecalciferol) daily For other values, no supplementation needed

From the Clinical Update:  
“**Depression, Vitamin D, and COVID-19**”  
with **Paul Riordan, MD**  
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