

# Health based guidance values

## In this guide

### [In this guide](#)

1. [Calcidiol supplementation during pregnancy - Introduction and Background](#)
2. [Calcidiol supplementation during pregnancy - Toxicokinetics](#)
3. [Calcidiol supplementation during pregnancy - Toxicity](#)
4. [Calcidiol supplementation during pregnancy - Health based guidance values](#)
5. [Calcidiol supplementation during pregnancy - Exposure assessment](#)
6. [Calcidiol supplementation during pregnancy - Risk characterisation](#)
7. [Calcidiol supplementation during pregnancy - Conclusions and Questions](#)
8. [Calcidiol supplementation during pregnancy - List of Abbreviations and Technical terms](#)
9. [Calcidiol supplementation during pregnancy - References](#)
10. [Calcidiol supplementation during pregnancy - Search Terms](#)
11. [Calcidiol supplementation during pregnancy - Annex A](#)

50. For VDE, EFSA established a tolerable upper intake level (UL) of 100 µg VDE/day, for adults (including pregnant and lactating women) and adolescents aged 11-17 years (EFSA, 2023a). The UL covers all sources of dietary intake.

51. For vitamin D the same tolerable upper limit (TUL) of 100 µg was established for adults (including pregnant and lactating women (EFSA 2012), which the COT agreed with (COT, 2022).

52. EFSA considered calcidiol supplements safe up to intake levels of 10 µg/day for adolescents (≥11 years old) and adults (including pregnant and lactating women) which corresponds to 25 µg VDE/day with their applied 2.5-fold conversion factor.

53. However, applying the 2.5 conversion factor to the TUL of 100 µg/day for vitamin D, would give calcidiol an adjusted upper intake of 40 µg/day for adults (ACNFP, 2024). This is greater than EFSA'S proposed safe intake level 10 µg/day,