Legend:
All percentages reference a common baseline of 25 ng/ml as shown on the chart. 
%’s reflect the disease prevention % at the beginning and ending of available data.  Example:  Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml.  There is an 83% reduction in incidence when the serum level is 50 ng/ml vs the baseline of 25 ng/ml.  
The x’s in the bars indicate ‘reasonable extrapolations’ from the data but are beyond existing data.

References: