

RDA Table

Nutrients	units/day	Infants 7-12	Children 1-3 yr	Children 4-10 yr	Women 10-50 yr	Men 10-50 yr	Women 51+	Men 51+	Pregnant
Vitamin A	RE	375	400	700	800	1000	800	1000	800
Vitamin D	IU	200	200	200	200	200	100	100	200
Vitamin E	mg	4	6	7	8	10	8	10	10
Vitamin K	ug	10	15	30	65	80	65	80	65
Vitamin C	mg	35	40	45	60	60	60	60	70
Folate	ug	80	50	200	400	400	180	200	400
Thiamin	mg	0.3	0.7	1	1.1	1.5	1	1.2	1.5
Riboflavin	mg	0.4	0.8	1.2	1.3	1.7	1.2	1.4	1.6
Niacin	mg	4	9	13	15	19	13	15	17
Vitamin B6	mg	0.3	1	1.4	1.6	2	1.6	2	2.2
Vitamin B12	ug	0.5	0.7	1.4	2.4	2.4	2	2.2	2.2
Biotin	ug	6	20	30	30-100	30-100	30-100	30-100	30-100
Pantothenic Acid	mg	1.8	3	5	4.0-7.0	4.0-7.0	4.0-7.0	4.0-7.0	4.0-7.0
Choline	mg	150	NA	250	425	550	NA	NA	NA
Calcium	mg	270	800	800	1000	1000	1200	1200	1200
Phosphorus	mg	275	800	800	800	800	800	800	1200
Iodine	ug	50	70	120	150	150	150	150	175
Iron	mg	10	10	10	15	10	10	10	30
Magnesium	mg	75	80	170	320	420	280	350	320
Copper	mg	.6-.7	.7-1.0	1.0-2.0	1.5-3.0	1.5-3.0	1.5-3.0	1.5-3.0	1.5-3.0
Zinc	mg	5	10	10	12	15	12	15	15
Selenium	ug	15	20	30	55	70	55	70	65
Chromium	ug	10-60	20-80	50-200	50-200	50-200	50-200	50-200	50-200
Molybdenum	ug	15-40	25-50	50-150	75-250	75-250	75-250	75-250	75-250
Manganese	mg	.3-1.0	1.0-1.5	2.0-3.0	2.0-5.0	2.0-5.0	2.0-5.0	2.0-5.0	2.0-5.0
Fluoride	mg	.5	.5-1.5	1.5-2.5	1.5-4.0	1.5-4.0	1.5-4.0	1.5-4.0	1.5-4.0
Sodium	mg	120-200	NA	400	500	500	NA	NA	NA
Chloride	mg	180-300	NA	600	750	750	NA	NA	NA
Potassium	mg	500-700	NA	1600	2000	2000	NA	NA	NA