

Edit: Vitamins - Dietary Recommendations

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Vitamin or Mineral	Recommended Dietary Allowance (RDA) or Adequate Intake (AI) Nutrients w/ AIs are marked with an (*)	Upper Tolerable Limit (UL)
Boron	Not determined.	20 mg/day
Calcium	Age 1-3: 700 mg/day Age 4-8: 1,000 mg/day Age 9-18: 1,300 mg/day Age 19-50: 1,000 mg/day Women age 51+: 1,200 mg/day Men age 71+: 1,200 mg/day	Age 19-50: 2,500 mg/day Age 51 and up: 2,000 mg/day
Chloride	Age 19-50: 2,300 mg/day Age 50-70: 2,000 mg/day Age 70 and older: 1,800 mg/day	3,600 mg/day
Choline (Vitamin B complex)	Age 70 and older: 1,800 mg/day Women: 425 mg/day *	3,500 mg/day
Copper	900 micrograms/day	10,000 micrograms/day
Fluoride	Men: 4 mg/day * Women: 3 mg/day *	10 mg/day
Folic Acid** (Folate)	400 micrograms/day	1,000 micrograms (1mg) /day This applies only to synthetic folic acid in supplements or fortified foods. There is no upper limit for folic acid from natural sources.
Iodine	150 micrograms/day	1,100 micrograms/day
Iron**	Men: 8 mg/day Women age 19-50: 18 mg/day Women age 51 and up: 8 mg/day	45 mg/day
Magnesium	Men age 19-30: 400 mg/day Men age 31 and up: 420 mg/day Women age 19-30: 310 mg/day Women age 31 and up: 320 mg/day	350 mg/day This applies only to magnesium in supplements or fortified foods. There is no upper limit for magnesium in food and water.
Manganese	Men: 2.3 mg/day * Women: 1.8 mg/day*	11 mg/day
Molybdenum	45 micrograms/day	2,000 micrograms/day
Nickel	Not determined	1.0 mg/day

Phosphorus	700 mg/day	Up to age 70: 4,000 mg/day Over age 70: 3,000 mg/day
Selenium	55 micrograms/day	400 micrograms/day

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Sodium	Age 19-50: 1,500 mg/day Age 51-70: 1,300 mg/day Age 71 and up: 1,200 mg/day	2,300 mg/day
Vanadium	Not determined	1.8 mg/day
Vitamin A	Men: 3,000 IU/day Women: 2,310 IU/day	10,000 IU/day
Vitamin B1** (Thiamine)	men 14 years and older: 1.2 mg women over 18 years: 1.1 mg pregnant women: 1.4 mg breast-feeding women: 1.5 mg	Not identified
Vitamin B2** (Riboflavin)	1 - 13 years: 0.5-0.9 mg/day Males age 14 and older: 1.3 mg/day Females age 14 to 18 years: 1.0 mg/day Females age 19 and older: 1.1 mg/day	Not identified
Vitamin B3** (Niacin)	Men: 16 mg/day Women: 14 mg/day	35 mg/day (This applies only to niacin in supplements or fortified foods. There is no upper limit for niacin in natural sources.)
Vitamin B6 (Pyridoxine)	Men age 19-50: 1.3 mg/day Men age 51 up: 1.7 mg/day Women age 19-50: 1.3 mg/day Women age 51 up: 1.5 mg/day	100 mg/day
Vitamin C	Men: 90 mg/day Women: 75 mg/day	2,000 mg/day
Vitamin D (Calciferol)	Age 1-70: 15 micrograms/day (600 IU, or international units) * Age 70 and older: 20 micrograms/day (800 IU) * National Osteoporosis Foundation recommends 800-1,000 IU for age >60	100 micrograms/day (4,000 IU)
Vitamin E (alpha-tocopherol)	22.4 IU/day	1,500 IU/day This applies only to vitamin E in supplements or fortified foods. There is no upper limit for vitamin E from natural sources.
Zinc	Men: 11 mg/day Women: 8 mg/day	40 mg/day

** Added to flour in U.S. as "Vitamin enriched"

