

▼ Recommended Daily Intake of Vitamins and Minerals for Adults

Vitamin (Common Names)	Recommended Dietary Allowance (RDA) or Daily Adequate Intake (AI)*		Upper Limit
	Women	Men	
Vitamin A (preformed = retinol; beta-carotene can be converted to Vitamin A)	700 micrograms (2,333 IU)	900 micrograms (3,000 IU)	3,000 micrograms (about 10,000 IU)
Thiamin (vitamin B1)	1.1 milligrams	1.2 milligrams	Not known
Riboflavin (vitamin B2)	1.1 milligrams	1.3 milligrams	Not known
Niacin (vitamin B3; nicotinic acid)	14 milligrams	16 milligrams	35 milligrams
Pantothenic Acid (vitamin B5)	5 milligrams*	5 milligrams*	Not known
Vitamin B6 (pyridoxal, pyridoxine, pyridoxamine)	Ages 19-50: 1.3 milligrams Ages 51+: 1.5 milligrams	Ages 19-50: 1.3 milligrams Ages 51+: 1.7 milligrams	100 milligrams
Biotin (vitamin B7)	30 micrograms*	30 micrograms*	Not known
Folate (Folic acid; vitamin B9)	400 micrograms	400 micrograms	1,000 micrograms
Vitamin B12	2.4 micrograms	2.4 micrograms	Not known
Vitamin C	75 milligrams* (Smokers add 35 milligrams)	90 milligrams* (Smokers add 35 milligrams)	2,000 milligrams
Choline	425 milligrams*	550 milligrams*	3,500 milligrams

Vitamin D (calciferol)	Ages 19-50: 15 micrograms (600 IU)	Ages 19-50: 15 micrograms (600 IU)	100 micrograms (4,000 IU)
	Ages 51-70: 15 micrograms (600 IU)	Ages 51-70: 15 micrograms (600 IU)	
	Ages 71+: 20 micrograms (800 IU)	Ages 71+: 20 micrograms (800 IU)	
Vitamin E (alpha-tocopherol)	15 milligrams	15 milligrams	1,000 milligrams
Vitamin K (phylloquinone, menadione)	90 micrograms*	120 micrograms*	Not known
<i>Mineral</i>	<i>Recommended Dietary Allowance (RDA) or Daily Adequate Intake (AI)*</i>		<i>Upper Limit</i>
	<i>Women</i>	<i>Men</i>	
Calcium	Ages 31-50: 1,000 milligrams	Ages 31-50: 1,000 milligrams	2,500 milligrams
	Ages 51+: 1,200 milligrams	Ages 51+: 1,200 milligrams	
Chloride	Ages 19-50: 2.3 grams*	Ages 19-50: 2.3 grams*	Not known
	Ages 51-70: 2.0 grams*	Ages 51-70: 2.0 grams*	
	Ages 71+: 1.8 grams*	Ages 71+: 1.8 grams*	
Chromium	Ages 31-50: 25 micrograms*	Ages 31-50: 35 micrograms*	Not known
	Ages 51+: 20 micrograms*	Ages 51+: 30 micrograms*	
Copper	900 micrograms	900 micrograms	10,000 micrograms

Fluoride	3 milligrams	4 milligrams	10 milligrams
Iodine	150 micrograms	150 micrograms	1,100 micrograms
Iron	Ages 31-50: 18 milligrams Ages 51+: 8 milligrams	Ages 31-50: 8 milligrams Ages 51+: 8 milligrams	45 milligrams
Magnesium	Ages 19-30: 310 milligrams Ages 31-70+: 320 milligrams	Ages 19-30: 400 milligrams Ages 31-70+: 420 milligrams	350 milligrams (from supplements)
Manganese	1.8 milligrams*	2.3 milligrams*	11 milligrams
Molybdenum	45 micrograms	45 micrograms	2,000 micrograms
Nickel	N/A**	N/A**	N/A**
Phosphorus	700 milligrams	700 milligrams	Ages 31-70: 4,000 milligrams Ages 71+: 3,000 milligrams
Potassium	Ages 14-18: 2,300 milligrams* Ages 19+: 2,600 milligrams*	Ages 14-18: 3,000 milligrams* Ages 19+: 3,400 milligrams*	Not known
Selenium	55 micrograms	55 micrograms	400 micrograms
Sodium	1,500 milligrams*	1,500 milligrams*	Not determined; however a chronic disease risk reduction intake has been established
Zinc	8 milligrams	11 milligrams	40 milligrams

* Denotes Adequate Intake (AI). An AI is a recommended intake when an RDA can't be determined. RDA is the average daily dietary intake sufficient to meet the nutrient requirement of 97-98% of healthy individuals in a particular group according to stage of life and gender.

** May play a role in the human body, but adequate research regarding its nutritional importance is not available so RDA or AI has not been set.