

Daily Vitamin Intake Table

Vitamin or Mineral	Dietary Reference Intakes (DRI)	Recommended Dietary Allowances (RDA)	Safe and Adequate Intake/Range (or Estimate)
Vitamin A	Men: 1000 mcg Women: 800 mcg		
Vitamin D		5 - 10 mcg	
Vitamin E		Men: 10 mg Women: 8 mg	
Vitamin K		Men: 70-80 mcg Women: 60-65 mcg	
Vitamin C		Men: 90 mg Women: 75 mg	
Choline	Men: 550 mg Women: 425 mg		
Thiamin (B1)	Men: 1.2 - 1.5 mg Women: 1-1.1 mg		
Riboflavin (B2)	Men: 1.3 mg Women: 1.1 mg		
Niacin (B3)	Men: 16 mg Women: 14 mg		
Pantothenic Acid	5 mg		
Vitamin B6	1.3 - 1.7 mg		
Folic Acid/Folate	400 mcg		
Vitamin B12	2.4 mcg		
Biotin			(30 mcg)
Calcium	1000 - 1200 mg		
Chloride			(750 mg)
Magnesium	Men: 400-420 mg Women: 310-320 mg		
Phosphorus	700 mg		
Potassium			(2000 mg)
Sodium			(200 - 500 mg)
Sulfur			(100 mg)
Boron			(2 - 5 mg)
Chromium			50 - 200 mcg
Cobalt			(a few mcg)
Copper			1.5 - 3.0 mg
Fluoride	Men: 4.0 mg Women: 3.0 mg		

Iodine		150 mcg	
Iron		10 - 15 mg	
Manganese			2.5 - 5.0 mg
Molybdenum			75 - 250 mcg
Selenium		Men: 70 mcg Women: 55 mcg	
Zinc		Men: 15 mg Women: 12 mg	

