

Reference values for daily intakes of the vitamins and minerals which are essential in human nutrition.

Supplement	PRI or AI according to EFSA [3]			RDI according to FDA [4]
Biotin (µg)	40			30
Calcium (mg)	18-24y	M	1000	1300
		F	1000	
	≥25y	M	950	
		F	950	
Chloride (mg)	800			2300
Choline (mg)	400			550
Chromium (µg)	40			35
Copper (mg)	M	1.6		0.9
	F	1.3		
Fluoride (mg)	M	3.4		-
	F	2.9		
Folate (µg DFE)	330			400
Iodine (µg)	150			150
Iron (mg)	M	11		18
	F	premenop	16	
		postmenop	11	
Magnesium (mg)	M	350		420
	F	300		
Manganese (mg)	3			2.3
Molybdenum (µg)	65			45
Niacin (mg NE)	1.6/megajoul			16
Panhotenic acid (mg)	5			5
Phosphorus (mg)	550			1250
Potassium (mg)	3500			4700
Riboflavin (mg)	1.6			1.3
Selenium (µg)	70			55
Thiamin (mg)	0.1/megajoul			1.2

Vitamin A (µg)	M	750	900
	F	650	
Vitamin B12 (µg)	4		2.4
Vitamin B6 (mg)	M	1.7	1.7
	F	1.6	
Vitamin C (mg)	M	110	90
	F	95	
Vitamin D (µg)	15		20
Vitamin E (mg)	M	13	15
	F	11	
Vitamin K (µg)	70		120
Zinc (mg)	M	9.4-16.3*	11
	F	7.5-12.7*	

AI, average intake (the average observed daily level of intake by a population group of apparently healthy people that is assumed to be adequate; this value is used when the PRI could not be established); F, female; M, male; DFE, dietary folate equivalents; NE, niacin equivalent; PRI, population reference intake (the level of nutrient intake that is adequate for virtually all people in a population group); RDI, reference daily intake.

* depending on the level of phytate intake.