

Recommended Amounts of Vitamins

When shopping for a multivitamin, consider this list of Recommended Dietary Allowances (RDAs) and Daily Adequate Intakes (AI) established by the Institute of Medicine (www.iom.edu). These guidelines are broken down by gender, and some are for different ages. Also consider that Dr. Willett recommends higher daily consumption of vitamin D (800 to 1000 International Units) and vitamin E (400 milligrams).

Vitamins and Minerals (Common Names)	Recommended Amount (Daily RDA or AI)		Upper Limit (Don't Exceed)
Vitamins	Women	Men	
Vitamin A	2,333 IU	3,000 IU	10,000 IU
Thiamin (vitamin B1)	1.1 mg	1.2 mg	Unknown
Riboflavin (vitamin B2)	1.1 mg	1.3 mg	Unknown
Niacin (vitamin B3)	14 mg	16 mg	35 mg
Pantothenic acid (vitamin B5)	5 mg	5 mg	Unknown
Vitamin B6	19-50: 1.3 mg 51+: 1.5 mg	19-50: 1.3 mg 51+: 1.7 mg	100 mg
Vitamin B12	2.4 meg	2.4 meg	Unknown
Biotin	30 meg	30 meg	Unknown
Vitamin C	75 mg	90 mg	2,000 mg
Choline	425 mg	550 mg	3,500 mg
Vitamin D	19-50: 200 IU 51-70: 400 IU 71+: 600 IU	19-50: 200 IU 51-70: 400 IU 71+: 600 IU	2,000 IU
Vitamin E	15 mg*	15 mg*	1,000 mg*
Folic Acid	400 meg	400 meg	1,000 meg
Vitamin K	90 meg	120 meg	Unknown
Minerals			
Calcium	31-50: 1,000 mg 51+: 1,200 mg	31-50: 1,000 mg 51+: 1,200 mg	2,500 mg
Chloride	19-50: 2.3 g	19-50: 2.3 g	Unknown
Chromium	31-50: 25 meg 51+: 20 meg	31-50: 35 meg 51+: 30 meg	Unknown
Copper	900 meg	900 meg	10,000 meg
Fluoride	3 mg	4 mg	10 mg
Iodine	150 meg	150 meg	1,100 meg
Iron	31-50: 18 mg 51+: 8 mg	31-50: 8 mg 51+: 8 mg	45 mg
Magnesium	19-30: 310 mg 31-70+: 320 mg	19-30: 400 mg 31-70+: 420 mg	350 mg from supplements
Molybdenum	45 meg	45 meg	2,000 meg
Phosphorus	700 mg	700 mg	31-70: 4,000 mg 71+: 3,000 mg
Potassium	4,700 mg	4,700 mg	Unknown
Selenium	55 meg	55 meg	400 meg
Sodium	19-50: 1,500 mg 51-70: 1,300 mg 70+: 1,200 mg	19-50: 1,500 mg 51-70: 1,300 mg 70+: 1,200 mg	Unknown
Zinc	8 mg	11 mg	40 mg

*15 milligrams equals about 22 IU from natural sources, and 33 IU from synthetic vitamin E. The upper limit is equal to about 1,500 IU natural vitamin E; or 2,200 IU synthetic.