

Council for Responsible Nutrition

Vitamins:
Comparison of Current RDIs, New DRIs and ULs

VITAMIN	CURRENT RDI*	NEW DRI**	UL***
Vitamin A	5000 IU	900 mcg (3000 IU)	3000 mcg (10,000 IU)
Vitamin C	60 mg	90 mg	2000 mg
Vitamin D	400 IU (10 mcg)	15 mcg (600 IU)	50 mcg (2000 IU)
Vitamin E	30 IU (20 mg)	15 mg #	1000 mg
Vitamin K	80 mcg	120 mcg	ND
Thiamin	1.5 mg	1.2 mg	ND
Riboflavin	1.7 mg	1.3 mg	ND
Niacin	20 mg	16 mg	35 mg
Vitamin B-6	2 mg	1.7 mg	100 mg
Folate	400 mcg (0.4 mg)	400 mcg from food, 200 mcg synthetic ##	1000 mcg synthetic
Vitamin B-12	6 mcg	2.4 mcg ###	ND
Biotin	300 mcg	30 mcg	ND
Pantothenic acid	10 mg	5 mg	ND
Choline	Not established	550 mg	3500 mg

* The Reference Daily Intake (RDI) is the value established by the Food and Drug Administration (FDA) for use in nutrition labeling. It was based initially on the highest 1968 Recommended Dietary Allowance (RDA) for each nutrient, to assure that needs were met for all age groups.

** The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs, and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient.

*** The Upper Limit (UL) is the upper level of intake considered to be **safe** for use by adults, incorporating a safety factor. In some cases, lower ULs have been established for children.

Historical vitamin E conversion factors were amended in the DRI report, so that 15 mg is defined as the equivalent of 22 IU of natural vitamin E or 33 IU of synthetic vitamin E.

It is recommended that women of childbearing age obtain 400 mcg of synthetic folic acid from fortified breakfast cereals or dietary supplements, in addition to dietary folate.

It is recommended that people over 50 meet the B-12 recommendation through fortified foods or supplements, to improve bioavailability.

ND Upper Limit not determined. No adverse effects observed from high intakes of the nutrient.

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Minerals:
Comparison of Current RDIs, New DRIs and ULs

MINERAL	CURRENT RDI*	NEW DRI**	UL***
Calcium	1000 mg	1300 mg	2500 mg
Iron	18 mg	18 mg	45 mg
Phosphorus	1000 mg	1250 mg	4000 mg
Iodine	150 mcg	150 mcg	1100 mcg
Magnesium	400 mg	420 mg	350 mg #
Zinc	15 mg	11 mg	40 mg
Selenium	70 mcg	55 mcg	400 mcg
Copper	2 mg	0.9 mg	10 mg
Manganese	2 mg	2.3 mg	11 mg
Chromium	120 mcg	35 mcg	<i>ND</i>
Molybdenum	75 mcg	45 mcg	2000 mcg

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Upper limit for magnesium applies only to intakes from dietary supplements or pharmaceutical products, not including intakes from food and water.

ND Upper Limit not determined. No adverse effects observed from high intakes of the nutrient.

Council for Responsible Nutrition

Vitamins:
Historical Comparison of RDIs, RDAs and DRIs, 1968 to Present

VITAMIN	RDI*	1968 RDA**	1974 RDA**	1980 RDA**	1989 RDA**	DRIs***
Vitamin A	5000 IU	5000 IU	1000 RE (5000 IU)	1000 RE	1000 RE	900 mcg (3000 IU)
Vitamin C	60 mg	60 mg	45 mg	60 mg	60 mg	90 mg
Vitamin D	400 IU (10 mcg)	400 IU (10 mcg)	400 IU (10 mcg)	10 mcg (400 IU)	10 mcg (400 IU)	15 mcg (600 IU)
Vitamin E	30 IU (20 mg)	30 IU (20 mg)	15 IU (10 mg)	10 mg (15 IU)	10 mg (15 IU)	15 mg #
Vitamin K	80 mcg	--	--	70-140 mcg	80 mcg	120 mcg
Thiamin	1.5 mg	1.5 mg	1.5 mg	1.5 mg	1.5 mg	1.2 mg
Riboflavin	1.7 mg	1.7 mg	1.8 mg	1.7 mg	1.8 mg	1.3 mg
Niacin	20 mg	20 mg	20 mg	19 mg	20 mg	16 mg
Vitamin B-6	2 mg	2 mg	2 mg	2.2 mg	2 mg	1.7 mg
Folate	0.4 mg (400 mcg)	400 mcg	400 mcg	400 mcg	200 mcg	400 mcg food, 200 mcg synthetic ##
Vitamin B-12	6 mcg	6 mcg	3 mcg	3 mcg	2 mcg	2.4 mcg ###
Biotin	(300 mcg)	150-300 mcg	100-300 mcg	100-200 mcg	30-100 mcg	30 mcg
Pantothenic	10 mg	5-10 mg	5-10 mg	4-7 mg	4-7 mg	5 mg
Choline	--	--	--	--	--	550 mg

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** The RDAs were established and periodically revised by the Food and Nutrition Board. Value shown is the highest RDA for each nutrient, in the year indicated for each revision.

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Minerals:
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RDAs and DRIs, 1968 to Present

NUTRIENT	RDI*	1968 RDA**	1974 RDA**	1980 RDA**	1989 RDA**	DRIs***
Calcium	1000 mg	1300 mg	1200 mg	1200 mg	1200 mg	1300 mg
Phosphorus	1000 mg	1300 mg	1200 mg	1200 mg	1200 mg	1250 mg (700 adult)
Iron	18 mg	18 mg	18 mg	18 mg	15 mg	18 mg
Iodine	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg
Magnesium	400 mg	400 mg	400 mg	400 mg	400 mg	420 mg
Zinc	15 mg	10-15 mg	15 mg	15 mg	15 mg	11 mg
Selenium	70 mcg	--	--		70 mcg	55 mcg
Copper	2 mg	--	--	2 - 3 mg	1.5 - 3 mg	0.9 mg
Manganese	2 mg	--	2.5-7 mg	2.5-5 mg	2 - 5 mg	2.3 mg
Chromium	120 mcg	--	--	50-200 mcg	50-200 mcg	35 mcg
Molybdenum	75 mcg	--	45-500 mg	150-500 mcg	75-250 mcg	45 mcg

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