

## Vitamins and Minerals in Alphabetical Order.

Information contained in this chart was derived from information provided by the United States Department of Agriculture, National Institutes of Health and the Centers for Disease Control and Prevention. (Updated 6/6/2008 & 10/17/2008.)

Vitamin	Men – Daily Dose	Women – Daily Dose																		
A	3,000 IU or 600 micrograms	3000 IU or 600 micrograms																		
B1 (Thiamin)	1.2 milligrams	<table border="1"> <thead> <tr> <th>Age</th> <th>Dose</th> </tr> </thead> <tbody> <tr> <td>14-18</td> <td>1.0 milligrams</td> </tr> <tr> <td>19_</td> <td>1.1 milligrams</td> </tr> </tbody> </table>	Age	Dose	14-18	1.0 milligrams	19_	1.1 milligrams												
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Chloride	750 milligrams	750 milligrams																		
Chromium	20-120 micrograms	20-120 micrograms																		

Copper	1.5 – 3.0 milligrams		1.5 – 3.0 milligrams	
D (No Recommended Dietary Allowance, just a Recommended Adequate Intake)	Age	Dose	Age	Dose
	0-24	400 IU	0-24	400 IU
	25-50	200 IU	25-50	200 IU
	51-70	400 IU	51-70	400 IU
	71+	600 IU	71+	600 IU
E	30 IU or 10 milligrams		24 IU or 8 milligrams	
Floride	1.5 – 4.0 milligrams		1.5 – 4.0 milligrams	
Folate	400 micrograms		400 micrograms	
Iodine	150 micrograms		150 micrograms	
Iron	15 milligrams		12 milligrams	
K	Age	Dose	Age	Dose
	15-18	65 micrograms	15-18	55 micrograms
	19-24	70 micrograms	19-24	60 micrograms
	25+	80 micrograms	25+	65 micrograms
Magnesium	Age	Dose	Age	Dose
	14-18	360 milligrams	14-18	410 milligrams
	19-30	310 milligrams	19-30	400 milligrams
	31+	320 milligrams	31+	420 milligrams
Manganese	2-5 milligrams		2-5 milligrams	
Molybdenum	75-250 micrograms		75-250 micrograms	
Phosphorus	Age	Dose	Age	Dose
	11-18	1250 milligrams	11-18	1250 milligrams
	19+	700 milligrams	19+	700 milligrams
Potassium	2000 milligrams		2000 milligrams	
Selenium	Age	Dose	Age	Dose
	15-18	50 micrograms	15-18	50 micrograms
	19+	70 micrograms	19+	55 micrograms
Sodium	500 milligrams		500 milligrams	
Zinc	15 milligrams		12 milligrams	