

PRIs and AIs for vitamins, males

Age group (years)	α -Tocopherol (mg/d)	Age group (years)	Biotin (μ g/d)	Choline (mg/d)	Cobalamin (μ g/d)	Folate (μ g DFE/d) ^(a)	Niacin (mg NE/MJ) ^(b)	Pantothenic acid (mg/day)	Riboflavin (mg/d)	Thiamin (mg/MJ)	Vitamin A (μ g/d) ^(c)	Vitamin B6 (mg/d)	Vitamin C (mg/d)	Vitamin D (μ g/d) ^(e)	Vitamin K (μ g/d) ^(g)
7–11 mo ^(d)	5	7–11 mo ^(d)	6	160	1.5	80	1.6	3	0.4	0.1	250	0.3	20	10	10
1–2	6	1–3	20	140	1.5	120	1.6	4	0.6	0.1	250	0.6	20	15 ^(f)	12
3–9	9	4–6	25	170	1.5	140	1.6	4	0.7	0.1	300	0.7	30	15 ^(f)	20
		7–10	25	250	2.5	200	1.6	4	1.0	0.1	400	1.0	45	15 ^(f)	30
10–17	13	11–14	35	340	3.5	270	1.6	5	1.4	0.1	600	1.4	70	15 ^(f)	45
		15–17	35	400	4.0	330	1.6	5	1.6	0.1	750	1.7	100	15 ^(f)	65
≥ 18	13	≥ 18	40	400	4.0	330	1.6	5	1.6	0.1	750	1.7	110	15 ^(f)	70

d, day; MJ, megajoule; mo, months

PRIs are presented **in bold type** and AIs in ordinary type

(a): DFE: dietary folate equivalents. For combined intakes of food folate and folic acid, DFEs can be computed as follows: μ g DFE = μ g food folate + (1.7 x μ g folic acid)

(b): NE: niacin equivalent (1 mg niacin = 1 niacin equivalent = 60 mg dietary tryptophan)

(c): RE: retinol equivalent, 1 μ g RE equals 1 μ g of retinol, 6 μ g of β -carotene and 12 μ g of other provitamin A carotenoids

(d): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)

(e): for conversion between μ g and International Units (IU) of vitamin D intake: 1 μ g = 40 IU and 0.025 μ g = 1 IU

(f): under conditions of assumed minimal cutaneous vitamin D synthesis. In the presence of endogenous cutaneous vitamin D synthesis, the requirement for dietary vitamin D is lower or may be even zero.

(g): based on phylloquinone only. The AI of 1 μ g phylloquinone/kg body weight set by SCF (1993) was multiplied by reference body weights of the European population ([Table 17](#)).

Table from: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp.

PRIs and AIs for vitamins, females

Age group (years)	α -Tocopherol (mg/d)	Age group (years)	Biotin (μ g/d)	Choline (mg/d)	Cobalamin (μ g/d)	Folate (μ g DFE/d) ^(a)	Niacin (mg NE/MJ) ^(b)	Pantothenic acid (mg/day)	Riboflavin (mg/d)	Thiamin (mg/MJ)	Vitamin A (μ g/d) ^(c)	Vitamin B6 (mg/d)	Vitamin C (mg/d)	Vitamin D (μ g/d) ^(e)	Vitamin K (μ g/d) ^(g)
7–11 mo ^(d)	5	7–11 mo ^(d)	6	160	1.5	80	1.6	3	0.4	0.1	250	0.3	20	10	10
1–2	6	1–3	20	140	1.5	120	1.6	4	0.6	0.1	250	0.6	20	15 ^(f)	12
3–9	9	4–6	25	170	1.5	140	1.6	4	0.7	0.1	300	0.7	30	15 ^(f)	20
		7–10	25	250	2.5	200	1.6	4	1.0	0.1	400	1.0	45	15 ^(f)	30
10–17	11	11–14	35	340	3.5	270	1.6	5	1.4	0.1	600	1.4	70	15 ^(f)	45
		15–17	35	400	4.0	330	1.6	5	1.6	0.1	650	1.6	90	15 ^(f)	65
≥ 18	11	≥ 18	40	400	4.0	330	1.6	5	1.6	0.1	650	1.6	95	15 ^(f)	70
Pregnancy															
	11		40	480	4.5	600	1.6	5	1.9	0.1	700	1.8	105	15 ^(f)	70
Lactation															
	11		45	520	5.0	500	1.6	7	2.0	0.1	1,300	1.7	155	15 ^(f)	70

d, day; MJ, megajoule; mo, months

PRIs are presented in **bold type** and AIs in ordinary type

- (a): DFE: dietary folate equivalents. For combined intakes of food folate and folic acid, DFEs can be computed as follows: μ g DFE = μ g food folate + (1.7 x μ g folic acid)
- (b): NE: niacin equivalent (1 mg niacin = 1 niacin equivalent = 60 mg dietary tryptophan)
- (c): RE: retinol equivalent, 1 μ g RE equals 1 μ g of retinol, 6 μ g of β -carotene and 12 μ g of other provitamin A carotenoids
- (d): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)
- (e): for conversion between μ g and International Units (IU) of vitamin D intake: 1 μ g = 40 IU and 0.025 μ g = 1 IU
- (f): under conditions of assumed minimal cutaneous vitamin D synthesis. In the presence of endogenous cutaneous vitamin D synthesis, the requirement for dietary vitamin D is lower or may be even zero.
- (g): based on phyloquinone only. The AI of 1 μ g phyloquinone/kg body weight set by SCF (1993) was multiplied by reference body weights of the European population ([Table 17](#)).

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