

Nutrient	Unit of Measure	Adults and Children ≥ 4 years	Infants¹ through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Biotin	Micrograms (mcg)	30	6	8	35
Pantothenic Acid	Milligrams (mg)	5	1.8	2	7
Phosphorus	Milligrams (mg)	1,250	275	460	1,250
Iodine	Micrograms (mcg)	150	130	90	290
Magnesium	Milligrams (mg)	420	75	80	400
Zinc	Milligrams (mg)	11	3	3	13
Selenium	Micrograms (mcg)	55	20	20	70
Copper	Milligrams (mg)	0.9	0.2	0.3	1.3
Manganese	Milligrams (mg)	2.3	0.6	1.2	2.6
Chromium	Micrograms (mcg)	35	5.5	11	45
Molybdenum	Micrograms (mcg)	45	3	17	50
Chloride	Milligrams (mg)	2,300	570	1,500	2,300
Choline	Milligrams (mg)	550	150	200	550
Protein	Grams (g)	n/a	11	n/a	71 ⁷

¹ RDIs are based on dietary reference intake recommendations for infants through 12 months of age.

² RAE = Retinol activity equivalents; 1 microgram RAE = 1 microgram retinol, 2 micrograms supplemental β -carotene, 12 micrograms dietary β -carotene, 24 micrograms dietary α -carotene, or 24 micrograms dietary β -cryptoxanthin.

³ 1 mg α -tocopherol (label claim) = 1 mg α -tocopherol = 1 mg RRR- α -tocopherol = 2 mg *all rae*- α -tocopherol.

⁴ NE = Niacin equivalents, 1 mg NE = 1 mg niacin = 60 milligrams tryptophan.

⁵ "Folate" and "Folic Acid" must be used for purposes of declaration in the labeling of conventional foods and dietary supplements. The declaration for folate must be in mcg DFE (when expressed as a quantitative amount by weight in a conventional food or a dietary supplement), and percent DV based on folate in mcg DFE. Folate may be expressed as a percent DV in conventional foods. When folic acid is added or when a claim is made about the nutrient, folic acid must be declared in parentheses, as mcg of folic acid.

⁶ DFE = Dietary Folate Equivalents; 1 DFE = 1 mcg naturally-occurring folate = 0.6 mcg folic acid.

⁷ Based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older, and for pregnant women and lactating women.

Reference Daily Intake Guide

J Spring



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