

Supplement D. Recommended Dietary Allowances (RDA)

Vitamin	Recommended Dietary Allowances
Vitamin A ($\mu\text{g}/\text{day}$)	$\geq 1,000$ in men and ≥ 800 in women
Thiamine (mg/day)	≥ 1 in men and ≥ 0.8 in women
Riboflavin (mg/day)	≥ 1.4 in men and ≥ 1.1 in women
Niacin (mg/day)	≥ 16 in men and ≥ 12 in women
Vitamin B ₆ (mg/day)	≥ 1.8 in men and ≥ 1.6 in women
Folates ($\mu\text{g}/\text{day}$)	≥ 400 in men and women
Vitamin B ₁₂ ($\mu\text{g}/\text{day}$)	≥ 2 in men and women
Vitamin C (mg/day)	≥ 60 in men and women
Vitamin D (percentile)	≥ 75 in men and women
Vitamin E (mg/day)	≥ 12 in men and women

Data were derived from Balboa-Castillo et al.⁴⁴⁾
