

VITAMIN & MINERAL UL

Just as a deficiency in vitamins or minerals can cause adverse health effects, so too can an excess. To help you determine a safe level of consumption, please refer to the “Tolerable Upper Intake Levels” (UL) for vitamins and minerals below. Note that a dash (—) is used for certain age groups when there is not yet an established UL. This does not necessarily mean that a vitamin or mineral is unsafe for that age group, simply that there is not enough data yet to determine ideal intake. When in doubt, always consult with a health professional before taking a vitamin or mineral, or giving them to children.

Age	Niacin (mg/day) ¹	Vitamin B ₆ (mg/day)	Folate (µg/day) ¹	Choline (mg/day)	Vitamin C (mg/day)	Vitamin A (µg/day) ²	Vitamin D (µg/day)	Vitamin E (mg/day) ³	Sodium (mg/day)	Chloride (mg/day)	Calcium (mg/day)	Phosphorous (mg/day)	Magnesium (mg/day) ⁴	Iron (mg/day)
Infants 0 – 6 months	—	—	—	—	—	600	25	—	— ⁵	— ⁵	—	—	—	40
Infants 6 mo. – 1 year	—	—	—	—	—	600	25	—	— ⁵	— ⁵	—	—	—	40
Children 1 – 3 years	10	30	300	1,000	400	600	50	200	1,500	2,300	2,500	3,000	65	40
Children 4 – 8 years	15	40	400	1,000	650	900	50	300	1,900	2,900	2,500	3,000	110	40
Children 9 – 13 years	20	60	600	2,000	1,200	1,700	50	600	2,200	3,400	2,500	4,000	350	40
Adolescents 14 – 18 years	30	80	800	3,000	1,800	2,800	50	800	2,300	3,600	2,500	4,000	350	45
Adults 19 – 70 years	35	100	1,000	3,500	2,000	3,000	50	1,000	2,300	3,600	2,500	4,000	350	45
Adults >70 years	35	100	1,000	3,500	2,000	3,000	50	1,000	2,300	3,600	2,500	3,000	350	45
Pregnancy ≤18 years	30	80	800	3,000	1,800	2,800	50	800	2,300	3,600	2,500	3,500	350	45
Pregnancy 19 – 50 years	35	100	1,000	3,500	2,000	3,000	50	1,000	2,300	3,600	2,500	3,500	350	45
Lactation ≤18 years	30	80	800	3,000	1,800	2,800	50	800	2,300	3,600	2,500	4,000	350	45
Lactation 19 – 50 years	35	100	1,000	3,500	2,000	3,000	50	1,000	2,300	3,600	2,500	4,000	350	45

¹ The UL for niacin & folate apply to synthetic forms obtained from supplements, fortified foods, etc.

² The UL for vitamin A applies to the preformed vitamin only.

³ The UL for vitamin E applies to any form of supplemental α-tocopherol, fortified foods, or a combination of the two.

⁴ The UL for magnesium applies to synthetic forms obtained from supplements or drugs only.

⁵ Source of intake should be from human milk (or formula) and food only.