



 Integría Practitioner®

Recommended Daily Intake & Upper Level Nutrient Chart

Nutrient Recommended Daily Intake (RDI) or Adequate Intake (AI)

		Infants 0-6 mo	Infants 7-12 mo	Children 1-3 y	Children 4-8 y	Children 9-13 y	Children 14-18 y	Men	Women	Pregnancy	Lactation
VITAMINS											
Vitamin A (1 IU = 0.3 mcg RE)	RDI	250 mcg AI (833 IU) (retinyl esters)	430 mcg AI (1433 IU)	300 mcg (1000 IU)	400 mcg (1333 IU)	600 mcg (2000 IU)	700-900 mcg (2333-3000 IU)	900 mcg (3000 IU)	700 mcg (2333 IU)	700-800 mcg (2333-2667 IU)	1100 mcg (3667 IU)
	UL	600 mcg (2000 IU)	600 mcg (2000 IU)	600 mcg (2000 IU)	900 mcg (3000 IU)	1700 mcg (5667 IU)	2800 mcg (9333 IU)	3000 mcg (10,000 IU)	3000 mcg (10,000 IU)	2800-3000 mcg (9333-10000 IU)	2800-3000 mcg (9333-10000 IU)
Vitamin B1 (Thiamine)	RDI	0.2 mg AI	0.3 mg AI	0.5 mg	0.6 mg	0.9 mg	1.1-1.2 mg	1.2 mg	1.1 mg	1.4 mg	1.4 mg
Vitamin B2 (Riboflavin)	RDI	0.3 mg AI	0.4 mg AI	0.5 mg	0.6 mg	0.9 mg	1.1-1.3 mg	1.3-1.6 mg	1.1-1.3 mg	1.4 mg	1.6 mg
Vitamin B3 (Niacin) (as nicotinamide)	RDI	2 mg AI	4 mg AI	6 mg	8 mg	12 mg	14-16 mg	16 mg	14 mg	18 mg	17 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	150 mg	250 mg	500 mg	750 mg	900 mg	900 mg	30-35 mg (as nicotinic acid)	30-35 mg (as nicotinic acid)
Vitamin B5 (Pantothenic acid)	AI	1.7 mg	2.2 mg	3.5 mg	4 mg	4-5 mg	4-6 mg	6 mg	4 mg	5 mg	6 mg
Vitamin B6 (Pyridoxine)	RDI	0.1 mg AI	0.3 mg AI	0.5 mg	0.6 mg	1 mg	1.2-1.3 mg	1.3-1.7 mg	1.3-1.5 mg	1.9 mg	2 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	15 mg	20 mg	30 mg	40 mg	50 mg	50 mg	40-50 mg	40-50 mg
Folate (as folic acid)	RDI	65 mcg AI	80 mcg AI	150 mcg	200 mcg	300 mcg	400 mcg	400 mcg	400 mcg	600 mcg	500 mcg
	UL	NA	NA	300 mcg	400 mcg	600 mcg	800 mcg	1000 mcg	1000 mcg	800-1000 mcg	800-1000 mcg
Vitamin B12 (Cobalamin)	RDI	0.4 mcg AI	0.5 mcg AI	0.9 mcg	1.2 mcg	1.8 mcg	2.4 mcg	2.4 mcg	2.4 mcg	2.6 mcg	2.8 mcg
Biotin	AI	5 mcg	6 mcg	8 mcg	12 mcg	20 mcg	25-30 mcg	30 mcg	25 mcg	30 mcg	35 mcg
Choline	AI	125 mg	150 mg	200 mg	250 mg	375 mg	400-550 mg	550 mg	425 mg	415-440 mg	525-550 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	1000 mg	1000 mg	1000 mg	3000 mg	3500 mg	3500 mg	3000-3500 mg	3000-3500 mg
Vitamin C	RDI	25 mg AI	30 mg AI	35 mg	35 mg	40 mg	40 mg	45 mg	45 mg	55-60 mg	80-85 mg
Vitamin D (1 IU = 0.025 mcg Colecalciferol)	AI	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5-15 mcg (200-600 IU)	5-15 mcg (200-600 IU)	5 mcg (200 IU)	5 mcg (200 IU)
	UL	25 mcg (1000 IU)	25 mcg (1000 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)	80 mcg (3200 IU)
Vitamin E	AI	4 mg	5 mg	5 mg	6 mg	8-9 mg	8-10 mg	10 mg	7 mg	7-8 mg	11-12 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	70 mg	100 mg	180 mg	250 mg	300 mg	300 mg	300 mg	300 mg
Vitamin K	AI	2 mcg	2.5 mcg	25 mcg	35 mcg	45 mcg	55 mcg	70 mcg	60 mcg	60 mcg	60 mcg
MINERALS											
Calcium	RDI	210 mg AI	270 mg AI	500 mg	700 mg	1000 mg	1300 mg	1000-1300 mg	1000-1300 mg	1000-1300 mg	1000-1300 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg
Chromium	AI	0.2 mcg	5.5 mcg	11 mcg	15 mcg	21-25 mcg	25-35 mcg	35 mcg	25 mcg	30 mcg	45 mcg
Copper	AI	0.2 mg	0.22 mg	0.7 mg	1 mg	1.1-1.3 mg	1.1-1.5 mg	1.7 mg	1.2 mg	1.2-1.3 mg	1.4-1.5 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	1 mg	3 mg	5 mg	8 mg	10 mg	10 mg	8-10 mg	8-10 mg
Iodine	RDI	90 mcg AI	110 mcg AI	90 mcg	90 mcg	120 mcg	150 mcg	150 mcg	150 mcg	220 mcg	270 mcg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	200 mcg	300 mcg	600 mcg	900 mcg	1100 mcg	1100 mcg	900-1100 mcg	900-1100 mcg
Iron	RDI	0.2 mg AI	11 mg	9 mg	10 mg	8 mg	11-15 mg	8 mg	8-18 mg	27 mg	9-10 mg
	UL	20 mg	20 mg	20 mg	40 mg	40 mg	45 mg	45 mg	45 mg	45 mg	45 mg
Magnesium	RDI	30 mg AI	75 mg AI	80 mg	130 mg	240 mg	360-410 mg	400-420 mg	310-320 mg	350-400 mg	310-360 mg
	UL	NA (breast milk/formula or food only)	NA (breast milk/formula or food only)	65 mg	110 mg	350 mg	350 mg	350 mg	350 mg	350 mg	350 mg
Manganese	AI	0.003 mg	0.6 mg	2 mg	2.5 mg	2.5-3 mg	3-3.5 mg	5.5 mg	5 mg	5 mg	5 mg
Molybdenum	RDI	2 mcg AI	3 mcg AI	17 mcg	22 mcg	34 mcg	43 mcg	45 mcg	45 mcg	50 mcg	50 mcg
	UL	NA	NA	300 mcg	600 mcg	1100 mcg	1700 mcg	2000 mcg	2000 mcg	1700-2000 mcg	1700-2000 mcg
Potassium	AI	400 mg	700 mg	2000 mg	2300 mg	2500-3000 mg	2600-3600 mg	3800 mg	2800 mg	2800 mg	3200 mg
Selenium	RDI	12 mcg AI	15 mcg AI	25 mcg	30 mcg	50 mcg	60-70 mcg	70 mcg	60 mcg	65 mcg	75 mcg
	UL	45 mcg	60 mcg	90 mcg	150 mcg	280 mcg	400 mcg	400 mcg	400 mcg	400 mcg	400 mcg
Zinc	RDI	2 mg AI	3 mg	3 mg	4 mg	6 mg	7-13 mg	14 mg	8 mg	10-11 mg	11-12 mg
	UL	4 mg	5 mg	7 mg	12 mg	25 mg	35 mg	40 mg	40 mg	35-40 mg	35-40 mg



REFERENCE National Health and Medical Research Council. Nutrient Reference Values for Australia and New Zealand [Internet]. [Cited 2023 Jan 16]. Available from: <https://www.nrv.gov.au/nutrients>

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