

## Recommended Intake Guidelines

The table below shows the recommended daily intakes for individual vitamins and minerals. Botanicals and essential fatty acids such as omega-3 do not have NRVs, Safe Upper Levels or Guidance Levels.

**Nutrient Reference Values** (NRVs) were set in the EU Food Information for Consumers Regulation 1169/2011.

**Safe Upper Levels** (SULs) were set by the Expert Group on Vitamins and Minerals (the EVM) in a [2003 report](#). SULs were established on the basis of Tolerable Daily Intakes (TDI) which is an estimated amount which can be ingested on a daily basis over a lifetime within presenting health risks. SULs are an indication of levels of consumption that it would be unwise to exceed; it is not a definition of levels that could be advocated to promote general health. The SULs were set on the assumption that a typical European diet would be consumed.

**Guidance Levels:** In some instances there was insufficient evidence for the EVM to determine overall SULs and in these instances Guidance Levels were set. These are generally indicative of a level where no adverse effect has been identified however they should not be confused with, or used as SULs.

Name of vitamin or mineral	EU Labelling NRV(Nutrient Reference Value) <sup>i</sup>	UK daily Safe Upper Levels (SUL) & Guidance Levels (GL) <sup>ii</sup>
<b>Fat soluble vitamins</b>		
<b>Vitamin A (Retinol equivalent)</b>	800µg	1500µg (GL)
<b>Beta-carotene</b>	7mg	7mg (SUL) - Not applicable to smokers
<b>Vitamin D (Cholecalciferol)</b>	5µg 10µg (UK Department of Health recommended intake level)	25µg (GL)
<b>Vitamin E (Tocopherol)</b>	12mg	540mg (SUL)
<b>Vitamin K</b>	75µg	1000µg (GL)
<b>Water soluble vitamins</b>		
<b>Vitamin B1 (Thiamin)</b>	1.1mg	100mg (GL)
<b>Vitamin B2 (Riboflavin)</b>	1.4mg	40mg (GL)
<b>Niacin</b>	16mg	500mg (GL) - Not applicable during pregnancy
<b>Pantothenic Acid</b>	6mg	200mg (GL)
<b>Vitamin B6 (Pyridoxine)</b>	1.4mg	10mg (SUL)
<b>Vitamin B12 (Cobalamin)</b>	2.5µg	2000µg (GL)

<b>Folate (Folic Acid)</b>	200µg	1000µg (GL)
<b>Biotin</b>	50µg	900µg (GL)
<b>Vitamin C (Ascorbic Acid)</b>	80mg	1000mg
<b>Minerals</b>		
<b>Calcium</b>	800mg	1500mg (GL)
<b>Chromium</b>	40µg	10mg (GL)
<b>Copper</b>	1mg	10mg (SUL)
<b>Fluoride</b>	3.5mg	Not set
<b>Iodine</b>	150µg	500µg (GL)
<b>Iron</b>	14mg	17mg (GL)
<b>Magnesium</b>	375mg	400mg (GL)
<b>Manganese</b>	2mg	4mg (GL)
<b>Molybdenum</b>	50µg	0µg (GL)
<b>Phosphorus</b>	700mg	250mg (GL)
<b>Potassium</b>	2000mg	3700mg
<b>Selenium</b>	55µg	350µg (SUL)
<b>Zinc</b>	10mg	25mg (SUL)

This information has been compiled by HSIS, the Health and Food Supplements Information Service. HSIS is a communication service providing accurate and balanced information on vitamins, minerals and other food supplements to the media and to health professionals working in the field of diet and nutrition. Find out more at [www.hsis.org](http://www.hsis.org)

<sup>i</sup> <http://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:32011R1169&from=EN>

<sup>ii</sup> <https://cot.food.gov.uk/committee/committee-on-toxicity/cotreports/cotjointreps/evmreport>