

ESSENTIAL VITAMINS

RECOMMENDED DAILY INTAKE OF VITAMINS

Biotin (B-complex)	30 µg
Folate (B-complex)	400 µg
Vitamin A	600 µg
Vitamin B1 (Thiamin)	1,4 mg
Vitamin B2 (Riboflavin)	1,6 mg
Vitamin B3 (Niacin)	18 mg
Vitamin B5 (Pantothenic acid)	6 mg
Vitamin B6 (Pyridoxine)	2 mg
Vitamin B12 (Cobalamin)	6 µg
Vitamin C (Ascorbic acid)	75 mg
Vitamin D (Cholecalciferol)	5 µg
Vitamin E (Tocopherol)	10 mg
Vitamin K	80 µg

Vitamin Intake And Health

Yicheng Fang



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