

## FDA Daily Value Table

*Infants, Children Less Than 4 Years of Age, Pregnant & Lactating Women*

Updated September 13, 2011

Vitamin or Mineral	Infants	Less than 4 Years	Pregnant and Lactating Women	Units of Measure
Vitamin A	1,500	2,500	8,000	IU
Vitamin C	35	40	60	mg
Calcium	600	800	1,300	mg
Iron	15	10	18	mg
Vitamin D	400	400	400	IU
Vitamin E	5	10	30	IU
Thiamin	0.5	0.7	1.7	mg
Riboflavin	0.6	0.8	2.0	mg
Niacin	8	9	20	mg
Vitamin B6	0.4	0.7	2.5	mg
Folate	100	200	800	mcg
Vitamin B12	2	3	8	mcg
Biotin	50	150	300	mcg
Pantothenic acid	3	5	10	mg
Phosphorus	500	800	1,300	mg
Iodine	45	70	150	mcg
Magnesium	70	200	450	mg
Zinc	5	8	15	mg
Copper	0.6	1.0	2.0	mg