

**Daily Values based on a 2000 calorie (nutrient dense) diet**

<b>NUTRIENT</b>	<b>Infants</b>	<b>&lt;4 Yrs of Age</b>	<b>Pg/Lact Women</b>	<b>DVs</b>	<b>Opti-Vites each 2</b>
Fat				65 gm	
Sat Fatty Acids				20 gm	
Cholesterol				300 mg	
Sodium				2400 mg	
Potassium				3500 mg	20 mg
Carbohydrate				300 gm	
Fiber				25 gm	
Protein				50 gm	
Vitamin A	1500 iu	2500 iu	8000 iu	5000 iu	4500 iu
Beta Carotene					
Vitamin C	35 mg	40 mg	60 mg	60 mg	100 mg
Bioflavonoids					50 mg
Calcium	600 mg	800 mg	1300 mg	1000 mg	80 mg
Iron**	15 mg	10 mg	18 mg	18 mg	
Vitamin D	400 iu	400 iu	400 iu	400 iu	1000 iu
Vitamin E	5 iu	10 iu	30 iu	30 iu	40 iu
Vitamin K				80 mcg	
Thiamine (B1)	0.5 mg	0.7 mg	1.7 mg	1.5 mg	25 mg
Riboflavin (B2)	0.6 mg	0.8 mg	2 mg	1.7 mg	25 mg
Niacin (B3)	8 mg	9 mg	20 mg	20 mg	
Niacinamide (B3)					40 mg
Vitamin B6	0.4 mg	0.7 mg	2.5 mg	2 mg	25 mg
Folic Acid (B9)	100 mcg	200 mcg	800 mcg	400 mcg	400 ug
Vitamin B12	2 mcg	3 mcg	8 mcg	6 mcg	1000 ug
Biotin	50 mcg	150 mcg	300 mcg	300 mcg	200 ug
Pantothenate (B5)	3 mg	5 mg	10 mg	10 mg	75 mg
Phosphorus	500 mg	800 mg	1300 mg	1000 mg	
Iodine	45 mcg	70 mcg	150 mcg	150 mcg	225 ug
Magnesium	70 mg	200 mg	450 mg	400 mg	250 mg
Zinc	5 mg	8 mg	15 mg	15 mg	10 mg
Selenium				70 mcg	50 ug
Copper	0.6 mg	1 mg	2 mg	2 mg	2 mg
Manganese				2 mg	2.5 mg
Chromium*				120 mcg	50 ug
Molybdenum				75 mcg	20 ug
Chloride				3400 mg	
Boron					5 mg
Lycopene					2.5 mg