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

NUTRIENT	Infants	<4 Yrs of Age	Pg/Lact Women	DVs	Bitamins each 2	Ultra Vites each 2	UltPrev each 4
Fat				65 gm			
Sat Fatty Acids				20 gm			
Cholesterol				300 mg			
Sodium				2400 mg			
Potassium				3500 mg	1 mg	20 mg	40 mg
Carbohydrate				300 gm			
Fiber				25 gm			
Protein				50 gm			
Vitamin A	1500 iu	2500 iu	8000 iu	5000 iu	3000 iu	4500 iu	4500 iu
Beta Carotene							
Vitamin C	35 mg	40 mg	60 mg	60 mg	80 mg	100 mg	250 mg
Bioflavonoids						50 mg	50 mg
Calcium	600 mg	800 mg	1300 mg	1000 mg	100 mg	80 mg	180 mg
Iron	15 mg	10 mg	18 mg	18 mg			15 mg
Vitamin D	400 iu	400 iu	400 iu	400 iu	400 iu	1000 iu	1000 iu
Vitamin E	5 iu	10 iu	30 iu	30 iu	30 iu	40 iu	100 iu
Vitamin K				80 mcg			
Thiamine (B1)	0.5 mg	0.7 mg	1.7 mg	1.5 mg	1.5 mg	25 mg	25 mg
Riboflavin (B2)	0.6 mg	0.8 mg	2 mg	1.7 mg	1.7 mg	25 mg	25 mg
Niacin (B3)	8 mg	9 mg	20 mg	20 mg			
Niacinamide					1.7 mg	40 mg	40 mg
Vitamin B6	0.4 mg	0.7 mg	2.5 mg	2 mg	2 mg	25 mg	25 mg
Folic Acid (B9)	100 mcg	200 mcg	800 mcg	400 mcg	400 ug	800 ug	400 ug
Vitamin B12	2 mcg	3 mcg	8 mcg	6 mcg	6 ug	1000 ug	1000 ug
Biotin	50 mcg	150 mcg	300 mcg	300 mcg	40 ug	200 ug	100 ug
Pantothenate (B5)	3 mg	5 mg	10 mg	10 mg	10 mg	75 mg	75 mg
Phosphorus	500 mg	800 mg	1300 mg	1000 mg			
Iodine	45 mcg	70 mcg	150 mcg	150 mcg	150 ug	225 ug	225 ug
Magnesium	70 mg	200 mg	450 mg	400 mg	10 mg	250 mg	120 mg
Zinc	5 mg	8 mg	15 mg	15 mg	3 mg	10 mg	15 mg
Selenium				70 mcg		50 ug	50 ug
Copper	0.6 mg	1 mg	2 mg	2 mg	0.05 mg	2 mg	2 mg
Manganese				2 mg	0.05 mg	2.5 mg	2.5 mg
Chromium				120 mcg		50 ug	100 ug
Molybdenum				75 mcg		20 ug	20 ug
Chloride				3400 mg			
Boron						5 mg	5 mg
Lycopene						2.5 mg	2.5 mg
Spirulina							1.1 gm