

Comparison of Daily Values (DVs)			
VITAMIN	Current DVs*	Comparable DVs** (Based on new science)	Suggested DVs*** (Based on IOM recommendations)
Vitamin A	5000 IU	900 mcg (3000 IU)	529 mcg (1800 IU)
Vitamin C	60 mg	90 mg	63 mg
Vitamin D	400 IU (10 mcg)	15 mcg (600 IU)	7 mcg (280 IU)
Vitamin E	30 IU (20 mg)	15 mg	12 mg
Vitamin K	80 mcg	120 mcg	95 mcg
Thiamin	1.5 mg	1.2 mg	0.9 mg
Riboflavin	1.7 mg	1.3 mg	1.0 mg
Niacin	20 mg	16 mg	11 mg
Vitamin B-6	2 mg	1.7 mg	1.1 mg
Folate	400 mcg (0.4 mg)	400 mcg from food 200 mcg synthetic	314 mcg from food 157 mcg synthetic
Vitamin B-12	6 mcg	2.4 mcg	2 mcg
Biotin	300 mcg	30 mcg	28 mcg
Pantothenic acid	10 mg	5 mg	5 mg
Choline	Not established	550 mg	460 mg

*The current DVs are the values established by the Food and Drug Administration (FDA) for use in nutrition labeling. They were based initially on the highest 1968 Recommended Dietary Allowance (RDA) for each nutrient, to assure that needs were met for all population groups.

**The comparable DVs are the values that would be set if FDA incorporated the updated science but used the same approach of selecting the highest value to assure that needs are met for all population groups.

***The suggested DVs are the values that would apply based on the IOM recommendations in a December 2003 report to incorporate updated science, but base the values on a population-weighted Estimated Average Requirement (EAR), rather than the highest RDA, thus dramatically lowering the DVs and setting up targets that miss the mark for 50% of the population.

Comparison of Daily Values (DVs)

MINERAL	Current DVs*	Comparable DVs** (Based on new science)	Suggested DVs*** (Based on IOM recommendations)
Calcium	1000 mg	1300 mg	1091 mg
Iron	18 mg	18 mg	6.1 mg
Phosphorus	1000 mg	1250 mg	588 mg
Iodine	150 mcg	150 mcg	93 mcg
Magnesium	400 mg	420 mg	286 mg
Zinc	15 mg	11 mg	7.5 mg
Selenium	70 mcg	55 mcg	44 mcg
Copper	2 mg	0.9 mg	0.7 mg
Manganese	2 mg	2.3 mg	2 mg
Chromium	120 mcg	35 mcg	27 mcg
Molybdenum	75 mcg	45 mcg	33 mcg

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