

Vitamin and Mineral NOAEL and LOAEL Values

No Observed Adverse Effect Level and Lowest Observed Adverse Effect Level***

Nutrient	Unit	NOAEL	LOAEL
Vitamin A	IU	10,000 (3,000 µg RE)	21,600 (6,500 µg RE)
Beta-carotene	mg	25	None established
Vitamin D	IU	800 (20 µg)	2,000 (50 µg)
Vitamin E	IU	1200 (800 mg at -TE)	None established
Vitamin K (<i>phylloquinone</i>)	mg	30	None established
Vitamin C	mg	more than 1,000	None established
Thiamin (<i>Vitamin B₁</i>)	mg	50	None established
Riboflavin (<i>Vitamin B₂</i>)	mg	200	None established
Nicotinic acid	mg	500 (250 SR)	1,000 (500 SR)
Nicotinamide	mg	1,500	3,000
Pyridoxine (<i>Vitamin B₆</i>)	mg	200	500
Folic acid	µg	1,000	None established
Vitamin B ₁₂	µg	3,000	None established
Biotin	µgµ	2,500	None established
Pantothenic acid	mg	1,000	None established
Calcium	mg	1,500	More than 2,500
Phosphorus	mg	1,500	More than 2,500
Magnesium	mg	700	None established
Chromium (III)	µg	1,000	None established
Copper	mg	9	None established
Iodine	µg	1,000	None established
Iron	mg	65	100
Maganese	mg	10	None established
Molybdenum	µg	350	None established
Selenium	µg	200	910
Zinc	mg	30	60

* NOAEL is a level that should be considered safe and requires no application of a safety factor to determine a safe intake, based on the most sensitive subgroup.

** LOAEL is a level that should NOT be considered safe for everyone and may require the application of a safety factor to calculate a safe intake.