

International Comparisons:**CRN ULS, US IOM UL, EC SCF/EFSA UL, UK EVM SUL or GL for Adults****Vitamins**

Nutrient	CRN ULS₁ (amount/day)	US IOM UL₂ (amount/day)	EC SCF/EFSA₃ UL (amount/day)	UK EVM SUL₄ or GL₅ (amount/day)
Vitamin A (retinol and its esters)	3,000 µg (10,000 IU) w/low dietary retinol; 1,500 µg (5,000 IU) w/high dietary retinol	3,000 µg	3,000 µg	1,500 µg total (GL) (for bone effects)
Beta-carotene	25 mg non-smokers; smokers should not use	Not determined	Not determined	7 mg supplement (SUL); smokers should not use
Vitamin D	250 µg (10,000 IU)	100 µg (4,000 IU)	100 µg (4,000 IU)	25 µg (1000 IU) supplement (GL)
Vitamin E	1,000 mg (1,600 IU)	1,000 mg	300 mg	540 mg supplement (800 IU) (SUL)
Vitamin K	10 mg	Not determined	Not determined	1 mg supplement (GL)
Vitamin C	2,000 mg	2,000 mg	Not determined	1,000 mg supplement (GL)
Vitamin B1 (Thiamin)	100 mg	Not determined	Not determined	100 mg supplement (GL)
Vitamin B2 (Riboflavin)	200 mg	Not determined	Not determined	40 mg supplement; 43 mg total (GL)
Nicotinic acid	500 mg ₆ ; 250 mg SR ₇	35 mg _{8,9}	10 mg ₉	17 mg ₉ supplement (GL)
Nicotinamide	1,500 mg	35 mg ₈	900 mg	500 mg supplement; 560 mg total (GL)
Vitamin B6 (Pyridoxine)	100 mg	100 mg	25 mg	10 mg supplement (SUL)
Folic acid	1,000 µg	1,000 µg	1,000 µg	1,000 µg supplement (GL)
Vitamin B12	3,000 µg	Not determined	Not determined	2,000 µg supplement (GL)
Biotin	2,500 µg	Not determined	Not determined	900 µg supplement (GL)
Pantothenic Acid	1,000 mg	Not determined	Not determined	200 mg supplement; 210 mg total (GL)

¹ ULS = CRN's Upper Level for Supplements

² UL = Tolerable Upper Intake Level (applies to total intake unless specified otherwise)

³ EFSA (European Food Safety Authority) assumed this assessment function in place of EC SCF in January 2004

⁴ SUL = Safe Upper Limit (may apply to either total or supplemental intake, as specified)

⁵ GL = Guidance Level (may apply to either total or supplemental intake, as specified)

⁶ Based on liver and gastrointestinal toxicity

⁷ SR = slow-release (time-release) formulations of nicotinic acid

⁸ IOM UL for niacin is set for both nicotinic acid and nicotinamide

⁹ Based on vasodilative flushing reaction

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Minerals and Trace Elements

Nutrient	CRN ULS ₁ (amount/day)	US IOM UL ₂ (amount/day)	EC SCF/EFSA ₃ UL (amount/day)	UK EVM SUL ₄ or GL ₅ (amount/day)
Calcium	1,500 mg	2,500 mg (19-50 yrs)	2,500 mg	1,500 mg supplement (GL)
Phosphorus	1,500 mg	4,000 mg	Not determined	250 mg supplement; 2,400 mg total (GL)
Magnesium	400 mg	350 mg nonfood sources	250 mg nonfood sources	400 mg supplement (GL)
Potassium	1,500 mg (500 mg, 3x per day)	Not determined	Not determined	3,700 mg supplement (GL)
Boron	6 mg	20 mg	10 mg	9.6 mg total (SUL)
Chromium	1,000 µg (any form of Cr III)	Not determined	Not determined	10 mg (10,000 µg) total (GL)
Copper	9 mg	10 mg	5 mg	10 mg total (SUL)
Fluoride	No ULS (UL= 6 mg)	10 mg	7 mg (>15 yrs)	Not determined
Iodine	500 µg	1,100 µg	600 µg	500 µg supplement; 930 µg total (GL)
Iron	60 mg (full stomach)	45 mg (empty stomach)	Not determined	17 mg supplement (GL)
Manganese	10 mg	11 mg	Not determined	4 mg supplement; 12.2 mg total (GL)
Molybdenum	350 µg	2,000 µg	600 µg	230 µg food (GL)
Selenium	200 µg	400 µg	300 µg	350 µg supplement; 450 µg total (SUL)
Zinc	30 mg	40 mg	25 mg	25 mg supplement; 42 mg total (SUL)

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