

## Upper Safety Level List (Annex 1)

	UNITS	INFANTS-CHILDREN		ADULTS		PREGNANT/ LACTATION	
<b>Vitamin A</b> I.U.=REx3.33 (Animal) I.U.=REx10 (Veg&fruits))	<b>µg</b>	<b>0-3 Years</b>	600	<b>9-13 Years</b>	1700	<b>≤18 Years</b>	2800
		<b>4-8 Years</b>	900	<b>14-18 Years</b>	2800	<b>19-50 Years</b>	3000
				<b>19- ≥70 Years</b>	3000		
<b>Choline</b>	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	2000	<b>≤18 Years</b>	3000
		<b>1-8 Years</b>	1000	<b>14-18 Years</b>	3000	<b>19-50 Years</b>	3500
				<b>19- ≥70 Years</b>	3500		
<b>Folate</b>	<b>µg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	600	<b>≤18 Years</b>	800
		<b>1-3 Years</b>	200	<b>14-18 Years</b>	800	<b>19-50 Years</b>	1000
		<b>4-8 Years</b>	300	<b>19- ≥70 Years</b>	1000		
<b>Niacin</b>	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	20	<b>≤18 Years</b>	30
		<b>1-3 Years</b>	10	<b>14-18 Years</b>	30	<b>19-50 Years</b>	35
		<b>4-8 Years</b>	15	<b>19- ≥70 Years</b>	35		
<b>Vitamin B6</b>	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	60	<b>≤18 Years</b>	80
		<b>1-3 Years</b>	30	<b>14-18 Years</b>	80	<b>19-50 Years</b>	100

<b>Vitamin C</b>		<b>4-8 Years</b>	40	<b>19- ≥70 Years</b>	100		
	<b>mg</b>	<b>0-6 m</b>	ND	<b>9-13 Years</b>	1200	<b>≤18 Years</b>	1800
		<b>7-12 m</b>	ND	<b>14-18 Years</b>	1800	<b>19-50 Years</b>	2000
		<b>1-3 Years</b>	400	<b>19- ≥70 Years</b>	2000		
<b>Vitamin D</b> I.U.=REx40		<b>4-8 Years</b>	650				
	<b>µg</b>	<b>0-1 Years</b>	25	<b>19- ≥70 Years</b>	50	<b>≤18 Years</b>	50
		<b>1-8 Years</b>	25			<b>19-50 Years</b>	50
<b>Vitamin E</b> I.U.=REx1.5	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-18 Years</b>	600	<b>≤18 Years</b>	300
		<b>1-3 Years</b>	100	<b>19- ≥70 Years</b>	300	<b>19-50 Years</b>	300
		<b>4-8 Years</b>	120				
<b>Calcium</b>	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9- ≥70 Years</b>	2500	<b>≤18 Years</b>	3000
		<b>1-8 Years</b>	2500			<b>19-50 Years</b>	3000
<b>Iodine</b>	<b>µg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	450	<b>≤18 Years</b>	600
		<b>1-3 Years</b>	200	<b>14-18 Years</b>	500	<b>19-50 Years</b>	600
		<b>4-8 Years</b>	250	<b>19- ≥70 Years</b>	600		
<b>Iron</b>	<b>mg</b>	<b>0-1 Years</b>	40	<b>9-13 Years</b>	40	<b>≤18 Years</b>	45
		<b>1-8 Years</b>	40	<b>14- ≥70 Years</b>	45	<b>19-50 Years</b>	45
<b>Zinc</b>	<b>mg</b>	<b>0-6 m</b>	4	<b>9-13 Years</b>	18	<b>≤18 Years</b>	25
		<b>7-12 m</b>	5	<b>14-18 Years</b>	22	<b>19-50 Years</b>	25
		<b>1-3 Years</b>	7	<b>19- ≥70 Years</b>	25		
		<b>4-8 Years</b>	10				
<b>Phosphorus</b>	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-70 Years</b>	4000	<b>≤18 Years</b>	3500Pr-

<b>Selenium</b>								4000Lact
		<b>1-8 Years</b>	3000	<b>≥70 Years</b>	3000	<b>19-50 Years</b>		3500Pr- 4000Lact
	<b>μg</b>	<b>0-6 m</b>	45	<b>9-13 Years</b>	200	<b>≤18 Years</b>		300
		<b>7-12 m</b>	60	<b>14- ≥70 Years</b>	300	<b>19-50 Years</b>		300
		<b>1-3 Years</b>	60					
<b>Molbdenium</b>		<b>4-8 Years</b>	90					
	<b>μg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	1100	<b>≤18 Years</b>		600
		<b>1-3 Years</b>	100	<b>14-18 Years</b>	1700	<b>19-50 Years</b>		600
<b>Nickel</b>		<b>4-8 Years</b>	200	<b>19- ≥70 Years</b>	2000			
	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	0.6	<b>≤18 Years</b>		1
		<b>1-3 Years</b>	0.2	<b>14- ≥70 Years</b>	1	<b>19-50 Years</b>		1
<b>Magnesium</b>		<b>4-8 Years</b>	0.3					
	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9- ≥70 Years</b>	250	<b>≤18 Years</b>		250
		<b>1-3 Years</b>	65			<b>19-50 Years</b>		250
<b>Manganese</b>		<b>4-8 Years</b>	110					
	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	6	<b>≤18 Years</b>		9
		<b>1-3 Years</b>	2	<b>14-18 Years</b>	9	<b>19-50 Years</b>		11
<b>Copper</b>		<b>4-8 Years</b>	3	<b>19- ≥70 Years</b>	11			
	<b>μg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	3000	<b>≤18 Years</b>		8000
		<b>1-3 Years</b>	1000	<b>14-18 Years</b>	4000	<b>19-50 Years</b>		10000
<b>Fluoride</b>		<b>4-8 Years</b>	3000	<b>19- ≥70 Years</b>	5000			
	<b>mg</b>	<b>0-6 m</b>	4	<b>9- ≥70 Years</b>	10	<b>≤18 Years</b>		7
		<b>7-12 m</b>	5			<b>19-50 Years</b>		7

<b>Boron</b>		<b>1-3 Years</b>	7				
		<b>4-8 Years</b>	12				
	<b>mg</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	7	<b>≤18 Years</b>	10
		<b>1-3 Years</b>	3	<b>14-18 Years</b>	9	<b>19-50 Years</b>	10
<b>Sodium</b>		<b>4-8 Years</b>	4	<b>19- ≥70 Years</b>	10		
	<b>g</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	2.2	<b>≤18 Years</b>	2.3
		<b>1-3 Years</b>	1.5	<b>14-18 Years</b>	2.3	<b>19-50 Years</b>	2.3
		<b>4-8 Years</b>	1.9	<b>19- ≥70 Years</b>	2.3		
<b>Chloride</b>	<b>g</b>	<b>0-1 Years</b>	ND	<b>9-13 Years</b>	3.4	<b>≤18 Years</b>	3.6
		<b>1-3 Years</b>	2.3	<b>14-18 Years</b>	3.6	<b>19-50 Years</b>	3.6
		<b>4-8 Years</b>	2.9	<b>19- ≥70 Years</b>	3.6		