

VITAMIN/MINERAL	MINIMUM	OPTIMUM
A	5,000 IU	10,000 IU
C	500 mg	500 - 5,000 mg
D	400 IU	1000 - 2000 IU
E	100 IU	400 - 800 IU
B1 thiamin	25 mg	25 - 300 mg
B2 riboflavin	25 mg	25 - 300 mg
B3 niacin	50 mg	50 - 300 mg
B5 pantothenic acid	50 mg	50 - 300mg
B6 pyridoxine	25 mg	25 - 300 mg
B12 cobalamin	100 mcg	25 - 300 mcg (1000IU)
BIOTIN	300 mcg	300 mcg
Choline/Inositol	n/a	25 - 500 mg
FOLIC acid	400 mcg	400 - 1000 mcg
PABA	n/a	25 - 500 mg
PANTOTHENIC acid	10 mg	25 - 500 mg
BORON	1 mg	3 - 6 mg
CALCIUM	1,000 mg	1000 - 1500 mg
CHROMIUM	120 mcg	200 - 600 mcg
COPPER	2 mg	0.5 - 2 mg
IODINE	150 mcg	150-300 mcg
IRON women need more	18 mg	15 - 30 mg
MAGNESIUM	600 mg	600 - 800 mg
MANGANESE	2 mg	15 - 30 mg
PHOSPORUS	100 mg	200 - 400 mg
POTASSIUM	50mg	99 - 300 mg
SELENIUM	75 mcg	200 - 400 mcg
ZINC men need more	15 mg	20 - 50 mg