



MICRO-NUTRIENT	EU LEVELS OF ADEQUACY (Nutrient Reference Values) [NRVs]	UPPER LEVELS* FOR SAFETY (Tolerable Upper Levels) [TULs]			MAX SUPPLEMENT LEVEL GERMANY (2004/5)	PROPOSED NEW UPPER LEVELS GERMANY JAN '18	MAX DAILY INTAKE (SUPPLEMENTS / FORTIFIED FOODS) JAN '18*
	EFSA (EU)	EFSA (EU)	EVM (UK)	IOM (USA)	BfR (D)	BfR (D)	BfR (D)
VITAMINS							
Vitamin A (µg RE)	800	3000 (30,000IU from carotenoids, 9,990IU from retinol) (does not apply to post menopausal women)	1500 (GL)	3000	400 (4,000IU from carotenoids, 1,332 from retinol) (only for adults)	800-1100	200
Betacarotene (mg)	not set	not set	not set	not set		15 mg (from supplements and food colourings)	
Vitamin D (µg)	5	50 (2000IU)	25 (GL in addition to food)	100	5 (200IU)	100	20
Vitamin E (mg α-TE)	12	201 (300IU)	800IU (536 mg) (SUL in addition to food)	670 (1000IU)	15 (22.4IU)	11-15	30
Vitamin K (µg)	75	not set	1000 (GL in addition to food)	not set	80	65-80	80
Vitamin B1 (mg)	1.1	not set	100 (GL in addition to food)	not set	4	1.0-1.4	not set
Vitamin B2 (mg)	1.4	not set	40 (GL in addition to food)	not set	4.5	1.0-1.6	not set
Nicotinic acid (mg)	16 (mg NE)	10	17 (GL for supplements only)	35 (niacin)	0	8	4
Niacin (mg NE)	16	900	560 (GL)	35 (niacin)	17	700	160
Inositol (mg)	not set	not set	not set	not set	not set	not set	4
Pantothenic acid (mg)	6	not set	200 (GL in addition to food)	not set	18	6	not set
Vitamin B6 (mg)	1.4	25	10 (SUL in addition to food)	100	5.4	20	3.5
Folic acid (µg)	200	1000	1000 (GL in addition to food)	1000	400 (as folic acid)	800	200
Vitamin B12 (µg)	2.5	not set	2000 (GL in addition to food)	not set	3-9	100	25
Biotin (µg)	50	not set	900 (GL in addition to food)	not set	180	30-60	not set
Vitamin C (mg)	80	not set	1000 (GL in addition to food)	2000	225	1000	250
MINERALS							
Calcium (mg)	800	2500	1500 (GL in addition to food)	2500	500	2500	500
Magnesium (mg)	375	250 (for supplements only)	400 (GL in addition to food)	350	250	300-400	250
Iron (mg)	14	not set	17 (GL in addition to food)	45	0	45	6
Copper (µg)	1000	5000 (not applicable during pregnancy or lactation)	10,000 (SUL)	10,000	0	4000-5000	0-1000
Iodine (µg)	150	600	500 (GL in addition to food)	1100	100	500	100
Zinc (mg)	10	25	25 (SUL in addition to food)	40	2.25	22	6.5
Manganese (mg)	2	not set	12.2 (GL)	11	0	not set	0.5
Sodium (mg)	not set	not set	not set	not set	0	not set	0
Potassium (mg)	2000	not set	3700 (GL in addition to food)	not set	500	1000	500
Selenium (µg)	55	300	450 (SUL)	400	25-30	250	45
Chromium (µg)	40	not set	10,000 (GL)	not set	60	250	60
Molybdenum (µg)	50	600	not set	2000	80	500	80
Fluoride (mg)	3.5	7 (for children above 8yrs and adults)	not set	10	0	7	0
Chloride (mg)	800	not set	not set	not set	0	not set	0
Phosphorus (mg)	700	not set	250 (GL in addition to food)	4000	250 (as Phosphate)	not set	0
Boron (mg)	not set	not set	9.6 (SUL)	20	not set	9-10	0-0.5
Vanadium (mg)	not set	0.175 (2008 opinion)	not set	1.8	not set	not set	not set
Silicon (mg)	not set	not set	1500 (SUL supplemental silica equiv. to 700mg of elemental silicon)	not set	not set	not set	50

*Colour code for Maximum daily intake (food supplements and fortified foods) [BfR, Jan '18]:

Red: Lower levels than those proposed by BfR in 2004/5

Amber: Higher levels than those proposed by BfR in 2004/5

Green: Removal of maximum permitted levels