

INTERNATIONAL COMPARISON OF TOLERABLE UPPER LEVELS, LEGAL MAXIMUM PERMITTED LEVELS FOR FOOD SUPPLEMENTS AND THEORETICAL MPLS FOR IRELAND

Micronutrient	Unit	Form(s)	Tolerable Upper Levels (TULs)			Legal Maximum Permitted Levels (MPLs) in food supplements					Ireland theoretical MPLs (food supplements)
			IRELAND TULs	EFSA TULs	US TULs	Germany MPLs	Belgium MPLs	Italy MPLs	France MPLs	Netherlands MPLs	
Vitamin A	µg RE		3000	3000	3000	200	1200	1200	800	Not set	604
Vitamin B1	mg	Thiamine	Not set	Not set	Not set	Not set	Not set	25	Not set	Not set	-
Vitamin B2	mg	Riboflavin	Not set	Not set	Not set	Not set	Not set	25	Not set	Not set	-
Vitamin B3	mg	Nicotinic acid	10	10	Not set	4	10	54	8	Not set	0
Vitamin B3	mg	Niacinamide	900	Not set	Not set	160	Not set	Not set	450	Not set	817
Vitamin B5	mg	Pantothenic Acid	Not set	900	Not set	Not set	Not set	18	Not set	Not set	-
Vitamin B6	mg	Pyridoxine, pyridoxamine	25	25	100	3.5	6	10	12.5	21 (from 01/10/18)	16
Folate	µg	Total Folate, DFE	1000	1000	ND	200 (400 pre-natal)	500	400	Not set	Not set	270
Vitamin B12	µg		Not set	Not set	Not set	25	Not set	1000	Not set	Not set	25
Vitamin C	mg		2000	Not set	2000	250	1000	1000	1000	Not set	1621
Vitamin D	µg	Cholecalciferol	100	50	100	20	75	50	50	Not set	75
Vitamin E	mg a-TE		300	201	Not set	30	39	60	150	Not set	275
Vitamin K	µg	Phylloquinone, menaquinone	Not set	Not set	Not set	Not set	Not set	Not set	Not set	Not set	-
Biotin	µg		Not set	Not set	Not set	Not set	Not set	450	Not set	Not set	-
Choline	mg		Not set	Not set	3500	Not set	Not set	Not set	Not set	Not set	-
Potassium	mg		Not set	Not set	not set	Not set	6000	Not set	3000	Not set	-
Phosphorus	mg		Not set	Not set	4000	Not set	1600	1200	750	Not set	-
Calcium	mg		2500	2500	2500	500	1600	1200	800	Not set	810
Magnesium	mg		250	250	350	250	450	450	360	Not set	0
Zinc	mg		25	25	40	6.5	22.5	15	15	Not set	6
Iron	mg		45	Not set	45	6	45	30	14	Not set	19
Iodine	µg		600	600	1100	100	225	225	150	Not set	418
Manganese	mg		11	Not set	ND	0.5	1	10	3.5	Not set	5
Copper	µg		5000	5000	10000	Not set	2000	2000	Not set	Not set	2100
Chromium	µg		Not set	Not set	ND	Not set	187.5	200	250	Not set	-
Selenium	µg		300	300	400	Not set	105	100	150	Not set	246
Molybdenum	µg		700	600	2000	Not set	225	100	300	Not set	700
Boron	mg		11	Not set	20	Not set	3	3.6	5	Not set	11
Silicon	mg		Not set	Not set	Not set	50	Not set	Not set	700	Not set	-
Vanadium	mg		Not set	Not set	1.8	Not set	Not set	Not set	Not set	Not set	-



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For further information see full article on ANH International website - <https://anhinternational.org/2018/07/11/irish-to-restrict-high-dose-supplements/>