

COMPARISON OF IRISH THEORETICAL MAXIMUM PERMITTED LEVELS (MPLs) FOR FOOD SUPPLEMENTS WITH INTERNATIONAL REFERENCE LEVELS AND PROPOSED OPTIMAL INTAKE

US RDA = USA Recommended Daily Allowance; UK RNI = UK Reference Nutrient Intake; EU NRV = Nutrient Reference Value



MICRONUTRIENT	FORM(S)	UNITS	REFERENCE LEVELS			OPTIMAL INTAKES				IRELAND THEORETICAL MPLs (supplements + dietary intakes; low [5th percentile] and high [95th percentile])			
			US RDA	UK RNI	EU NRV	CHERASKIN	LIEBERMAN	HOLFORD	ANH Optimum Daily Intake (ODI) Range [see Note 1]		Irish theoretical MPLs (food supplements)	Irish theoretical MPL + 5th percentile (low) intake	Irish theoretical MPL + 95th percentile (high) intake
									MINIMUM	MAXIMUM			
Vitamin A		µg RAE	900	700	800	3750 - 7500	1500 - 7500	2500	1500	2500	604	830	3000
Vitamin B1	Thiamine	mg	1.2	1.1	1.1	12.5 - 25	25 - 300	35	30	300	-	-	-
Vitamin B2	Riboflavin	mg	1.3	1.3	1.4	12.5 - 25	25 - 300	35	25	75	-	-	-
Vitamin B3	Nicotinic acid	mg	1.1	17	16	50 - 100	25 - 300	100	50	1500	0	21	83
Vitamin B3	Niacinamide	mg	16	17	16	50 - 100	25 - 300	100	900	1800	817.4	838.6	900
Vitamin B5	Pantothenic acid	mg	not set	6	6	100 - 200	not set	100	200	500	-	-	-
Vitamin B6	Pyridoxine	mg	1.7	1.4	1.4	12.5-25	25 - 300	25	25	100	16.3	17.5	25
Vitamin B6	Pyridoxamine	mg				12.5-25	25 - 300	25	25	200	-	-	-
Folate	Folic acid, Pteroylmonoglutamic acid	µg	400	200	200	400 - 800	400 - 1200	600	400	800	270	406	1000
Folate	Reduced, stabilised Ca or Gluc salts	µg		200	200				1000	1800	270	406	1000
Total Folate, DFE		µg	400	200	200				1500	2500	-	-	-
Vitamin B12		µg	2.4	1.5	2.5	125 - 250	25 - 500	25	100	1000	25	27	39
Vitamin C		mg	90	40	80	750 - 1500	500 - 5000	2000	1000	10000	1621	1641	2000
Vitamin D	Cholecalciferol	µg	15	5	5	12.5 - 25	25	30	25	250	75	76	87
Vitamin E	Tocopherol isomers	mg	15	12	12	201 - 402	270 - 805	250	100	270	275.5	278.4	300
Vitamin E	Tocotrienol isomers	mg		12	12				100	200	-	-	-
Vitamin K1	Phylloquinone	µg	120	not set	not set		80	not set	90	120	-	-	-
Vitamin K2	Menaquinone	µg	not set	75	75				100	360	-	-	-
Biotin		µg	30	50	50	75 - 150	not set	150	100	300	-	-	-
Choline		mg	550	not set	not set	100 - 200	not set	not set	600	1000	-	-	-
Potassium		mg	4700	2000	2000	90 - 180	99-300	not set	3000	5000	-	-	-
Phosphorus		mg	700	700	700	100 - 200	200-400	not set	700	1500	-	-	-
Calcium		mg	1000	800	800	350-700	1000 - 1500	1000	1000	1300	810	1243	2500
Magnesium		mg	420	375	375	175 - 350	500 -750	500	375	1500	-	-	-
Zinc		mg	11	10	10	25 - 50	22.5 - 50	20	15	25	5.6	10.3	25
Iron		mg	8	14	14	15 - 30	15-25	20	8	12	19.2	25.2	45
Iodine		µg	150	150	150	125 - 250	0 - 300	300	500	60000	418	-	-
Manganese		mg	2.3	2	2	5 to 10	15 - 50	10	2	5	4.7	-	-
Copper		µg	900	1000	1000	100-200	520	not set	1500	2500	2100	2600	5000
Chromium		µg	35	40	40	50 - 100	200 - 600	100	200	400	-	-	-
Selenium		µg	55	55	55	50 - 100	100 - 400	100	100	300	246	-	-
Molybdenum		µg	45	50	50	50 - 100		not set	50	200	700	-	-
Boron		mg	not set	not set	not set	not set	3 to 6	not set	2	6	11	-	-
Silicon		mg	not set	not set	not set	not set	not set	not set	20	60	-	-	-
Vanadium		mg	not set	not set	not set	not set	not set	not set	30	100	-	-	-

Note 1 ANH (Alliance for Natural Health International) Optimum Daily Intake (ODI) Range, based on comprehensive risk/benefit assessment of published clinical data.

Note 2 Yellow highlighted cells refer to total intakes from Irish theoretical MPLs plus low (5th percentile) intakes that are below minimum ANH ODI.

Note 3 Fluorescent green highlighted cells refer to total intakes from Irish theoretical MPLs plus high (95th percentile) intakes that do not achieve maximum level of ANH ODI

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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/>