

Table 1

Summary of upper levels (ULs) and maximum permitted levels (MPLs) as proposed by: EU's Scientific Committee on Food (SCF), European Food Safety Authority (EFSA), UK Expert Group on Vitamins and Minerals (EVM), Food and Nutrition Board of the Institute of Medicine (USA) (IOM), European Federation of Associations of Health Product Manufacturers (EHPM), European Responsible Nutrition Alliance (ERNA) and Bundesinstitut für Risikobewertung (Federal Institute of Risk Assessment) (BfR).

Nutrient	Upper levels (ULs)/guidance levels (GLs)			Maximum permitted levels (MPLs)	
	SCF/EFSA	EVM	IOM	EHPM/ERNA	BfR
Vitamin A (µg RE)	3000	1500 (GL)	3000	800–1000	400
Vitamin D (µg)	50 (2000 IU)	25 (1000 IU) (GL) ^a	50 (2000 IU)	35 (1400 IU)	5 (200 IU)
Vitamin E (mg α-TE)	201 (300 IU)	536 (800 IU) (UL) ^a	670 (1000 IU)	181–650 (270–970 IU)	15 (22.4 IU)
Vitamin K (µg)	Not set	1000 (GL) ^a	Not set	UL	80
Vitamin B1 (mg)	Not set	100 (GL) ^a	Not set	UL	4
Vitamin B2 (mg)	Not set	40 (GL) ^a	Not set	UL	4.5
Nicotinic acid (mg)	10	17 (GL) ^a	35 (niacin)	820 (mg NE)	0
Niacin (mg NE)	900	560 (GL)	35 (niacin)	820	17
Pantothenic acid (mg)	Not set	200 (GL) ^a	Not set	UL	18
Vitamin B6 (mg)	25	10 (UL)	100	18–93	5.4
Folate (µg)	1000 (folic acid)	1000 (GL) ^a	1000	600	400 (as folic acid)
Vitamin B12 (µg)	Not set	2000 (GL) ^a	Not set	UL	3–9
Biotin (µg)	Not set	900 (GL) ^a	Not set	UL	180
Vitamin C (mg)	Not set	1000 (GL) ^a	2000	1750	225
Calcium (mg)	2500	1500 (GL) ^a	2500	1000–1500	500
Magnesium (mg)	250 ^b	400 (GL) ^a	350	250	250
Iron (mg)	Not set	17 (GL) ^a	45	14–20	0
Copper (mg)	5 ^c	10 (UL)	10	1–2	0
Iodine (µg)	600	500 (GL) ^a	1100	150–200	100
Zinc (mg)	25	25 (UL) ^a	40	10–15	2.25
Manganese (mg)	Not set	12.2 (GL)	11	2	0
Sodium (mg)	Not set	Not set	Not set	Not set	0
Potassium (mg)	Not set	3700 (GL) ^a	Not set	Not set	500
Selenium (µg)	300	450 (UL)	400	200	25–30
Chromium (µg)	Not set	10,000 (GL)	Not set	UL	60
Molybdenum (µg)	600	Not set	2000	350	80
Fluoride (mg)	7 ^d	Not set	10	3.5	0
Chloride (mg)	Not set	Not set	Not set	Not set	0
Phosphorus (mg)	Not set	250 (GL) ^a	4000	1250	250 (as phosphate)
Boron (mg)	Not set	9.6 (UL)	20	Not set	Not set
Vanadium (mg)	0.175 ^e	Not set	1.8	Not set	Not set
Silicon (mg)	Not set	1500 (UL) ^f	Not set	Not set	Not set

^a In addition to food.

^b For supplements only.

^c Not applicable during pregnancy or lactation.

^d For children above 8 years and adults.

^e 2008 EFSA opinion.

^f Supplemental silica equivalent to 700 mg of elemental silica.