

## MICRONUTRIENTS

Nutrient	Recommended Daily Allowance (RDA)	Optimal Daily Allowance (ODA)
Vitamin A	1000 mcg.	5,000 — 7,500 IU
Vitamin B1 = thiamin	1.5 mg.	50 — 100 mg.
Vitamin B2 = riboflavin	1.7 mg.	25 — 50 mg.
Vitamin B3 = niacin	19 mg.	50 — 200 mg.
Vitamin B5 =pantothenic	7 mg.	200 — 400 mg.
Vitamin B6 pyridoxine	2 mg.	50 — 100 mg.
Vitamin C	60 mg.	1000 mg. or more
Vitamin D	200 IU	200 - 400 IU
Vitamin E	15 IU	200 - 800 IU
Folic Acid	200 mg.	400 — 800 mcg. (1 mg.)
Vitamin K	80 mcg.	80 — 300 mcg.
Calcium	800 mg.	1200 — 1500 mg.
Chromium	50 — 200 mcg.	200 — 400 mcg.
Copper	1.5 — 3.0 mg.	2.0 mg
Iron	10 mg. Children and menstruating women	Males and non-menstruating women should not take iron
Magnesium	350 mg.	500 — 800 mg.
Manganese	2.5 — 5.0 mg	5 — 10 mg.
Selenium	70 mcg.	100-200 mcg.
Zinc	15 mg.	15-45 mg.

mcg. micrograms

mg. milligrams

IU International Units

1000 mcg. = 1 mg.

Treating And Beating Fibromyalgia And Chronic Fatigue Syndrome

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