

Tolerable Upper Intake Levels (UL) for Vitamins

Age (yr)	Niacin (mg/day) ^a	Vitamin B ₆ (mg/day)	Folate (μg/day) ^a	Choline (mg/day)	Vitamin C (mg/day)	Vitamin A (μg/day) ^b	Vitamin D (μg/day)	Vitamin E (mg/day) ^c
Infants								
0-0.5	—	—	—	—	—	600	25	—
0.5-1	—	—	—	—	—	600	25	—
Children								
1-3	10	30	300	1000	400	600	50	200
4-8	15	40	400	1000	650	900	50	300
9-13	20	60	600	2000	1200	1700	50	600
Adolescents								
14-18	30	80	800	3000	1800	2800	50	800
Adults								
19-70	35	100	1000	3500	2000	3000	50	1000
>70	35	100	1000	3500	2000	3000	50	1000
Pregnancy								
≤18	30	80	800	3000	1800	2800	50	800
19-50	35	100	1000	3500	2000	3000	50	1000
Lactation								
≤18	30	80	800	3000	1800	2800	50	800
19-50	35	100	1000	3500	2000	3000	50	1000

^aThe UL for niacin and folate apply to synthetic forms obtained from supplements, fortified foods, or a combination of the two.

^bThe UL for vitamin A applies to the preformed vitamin only.
^cThe UL for vitamin E applies to any form of supplemental α-tocopherol, fortified foods, or a combination of the two.

Tolerable Upper Intake Levels (UL) for Minerals

Age (yr)	Sodium (mg/day)	Chloride (mg/day)	Calcium (mg/day)	Phosphorus (mg/day)	Magnesium (mg/day) ^d	Iron (mg/day) ^b
Infants						
0-0.5	— ^e	— ^e	—	—	—	40
0.5-1	— ^e	— ^e	—	—	—	40
Children						
1-3	1500	2300	2500	3000	65	40
4-8	1900	2900	2500	3000	110	40
9-13	2200	3400	2500	4000	350	40
Adolescents						
14-18	2300	3600	2500	4000	350	45
Adults						
19-70	2300	3600	2500	4000	350	45
>70	2300	3600	2500	3000	350	45
Pregnancy						
≤18	2300	3600	2500	3500	350	45
19-50	2300	3600	2500	3500	350	45
Lactation						
≤18	2300	3600	2500	4000	350	45
19-50	2300	3600	2500	4000	350	45

^dThe UL for magnesium applies to synthetic forms obtained from supplements or drugs only.

^eSource of intake should be from human milk (or formula) and food only.

NOTE: An Upper Limit was not established for vitamins and minerals not listed and for those age groups listed with a dash (—) because of a lack of data, not because these nutrients are safe to consume at any level of intake. All nutrients can have adverse effects when intakes are excessive.