

# Vitamins and Minerals

## Recommended Daily Intake of Vitamin and Minerals

	Pregnant Women	Lactating Women	Max for pregnant/lactating women
<b>Fat-soluble vitamins</b>			
Vitamin A	770 mcg	1300 mcg	3000 mcg
Vitamin D	600 international units (15 mcg)	600 international units (15 mcg)	4000 international units (100 mcg)
Vitamin E	15 mg	19 mg	1000 mg
Vitamin K $\beta$	90 mcg	90 mcg	ND
<b>Water-soluble vitamins</b>			
Vitamin C	85 mg	120 mg	2000 mg
Thiamin	1.4 mg	1.4 mg	ND
Riboflavin	1.4 mg	1.6 mg	ND
Niacin	18 mg	17 mg	35 mg
Vitamin B6	1.9 mg	2 mg	100 mg
Folate	600 mcg	500 mcg	1000 mcg
Vitamin B12	2.6 mcg	2.8 mcg	ND
<b>Minerals</b>			
Calcium	1000 mg	1000 mg	2500 mg
Phosphorus	700 mg	700 mg	4000 mg
Iron	27 mg	9 mg	45 mg
Zinc	11 mg	12 mg	40 mg
Iodine	220 mcg	290 mcg	1100 mcg
Selenium	60 mcg	70 mcg	400 mcg

Up to Date. (2018). Recommended Dietary Allowances (RDA) or Adequate Intake (AI) and Tolerable Upper Limits (UL) for adult pregnant and lactating women. Retrieved from: <https://www.uptodate.com/contents/image?csi=e518cc95-1731-45d8-858f-d7acbe16c40f&source=contentShare&imageKey=OBGYN%2F60019>