ARs for vitamins, males

Age group (years)	Folate (µg DFE/day) [a]	Niacin (mg NE/MJ) [b]	Riboflavin (mg/d)	Thiamin (mg/MJ)	Vitamin A (µg/d) [c]	Vitamin B6 (mg/d)	Vitamin C (mg/d)
7–11 mo[d]		**1.3**		**0.072**	**190**		
1–3	**90**	**1.3**	**0.5**	**0.072**	**205**	**0.5**	**15**
4–6	**110**	**1.3**	**0.6**	**0.072**	**245**	**0.6**	**25**
7–10	**160**	**1.3**	**0.8**	**0.072**	**320**	**0.9**	**40**
11–14	**210**	**1.3**	**1.1**	**0.072**	**480**	**1.2**	**60**
15–17	**250**	**1.3**	**1.4**	**0.072**	**580**	**1.5**	**85**
≥ 18	**250**	**1.3**	**1.3**	**0.072**	**570**	**1.5**	**90**

d, day; MJ, megajoule; mo, months

(a): DFE: dietary folate equivalents. For combined intakes of food folate and folic acid, DFEs can be computed as follows: µg DFE = µg food folate + (1.7 x µg folic acid)
(b): NE: niacin equivalent (1 mg niacin = 1 niacin equivalent = 60 mg dietary tryptophan)
(c): RE: retinol equivalent, 1 µg RE equals 1 µg of retinol, 6 µg of β-carotene and 12 µg of other provitamin A carotenoids
(d): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)

Table from: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp.

ARs for vitamins, females

Age group (years)	Folate (µg DFE/day) [a]	Niacin (mg NE/MJ) [b]	Riboflavin (mg/d)	Thiamin (mg/MJ)	Vitamin A (µg/d) [c]	Vitamin B6 (mg/d)	Vitamin C (mg/d)
7–11 mo[d]	-	**1.3**	**-**	**0.072**	**190**	-	**-**
1–3	**90**	**1.3**	**0.5**	**0.072**	**205**	**0.5**	**15**
4–6	**110**	**1.3**	**0.6**	**0.072**	**245**	**0.6**	**25**
7–10	**160**	**1.3**	**0.8**	**0.072**	**320**	**0.9**	**40**
11–14	**210**	**1.3**	**1.1**	**0.072**	**480**	**1.2**	**60**
15–17	**250**	**1.3**	**1.4**	**0.072**	**490**	**1.3**	**75**
≥ 18	**250**	**1.3**	**1.3**	**0.072**	**490**	**1.3**	**80**
Pregnancy							
	-	**1.3**	**1.5**	**0.072**	**540**	**1.5**	**-**
Lactation							
	380	**1.3**	**1.7**	**0.072**	**1,020**	**1.4**	**145**

d, day; MJ, megajoule; mo, months

(a): DFE: dietary folate equivalents. For combined intakes of food folate and folic acid, DFEs can be computed as follows: µg DFE = µg food folate + (1.7 x µg folic acid)

(b): NE: niacin equivalent (1 mg niacin = 1 niacin equivalent = 60 mg dietary tryptophan)

(c): RE: retinol equivalent, 1 µg RE equals 1 µg of retinol, 6 µg of β-carotene and 12 µg of other provitamin A carotenoids

(d): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)

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