

FOOD AND NUTRITION BOARD, INSTITUTE OF MEDICINE—
 NATIONAL ACADEMY OF SCIENCES
 DIETARY REFERENCE INTAKES:
 TOLERABLE UPPER INTAKE LEVELS (UL^a)

Life Stage Group	Calcium (g/d)	Phosphorus (g/d)	Magnesium (mg/d) ^b	Vitamin D (µg/d)	Fluoride (mg/d)	Niacin (mg/d) ^c
Infants						
0–6 mo	ND ^e	ND	ND	25	0.7	ND
7–12 mo	ND	ND	ND	25	0.9	ND
Children						
1–3 y	2.5	3	65	50	1.3	10
4–8 y	2.5	3	110	50	2.2	15
Males, Females						
9–13 y	2.5	4	350	50	10	20
14–18 y	2.5	4	350	50	10	30
19–70 y	2.5	4	350	50	10	35
> 70 y	2.5	3	350	50	10	35
Pregnancy						
≤ 18 y	2.5	3.5	350	50	10	30
19–50 y	2.5	3.5	350	50	10	35
Lactation						
≤ 18 y	2.5	4	350	50	10	30
19–50 y	2.5	4	350	50	10	35

^a UL = The maximum level of daily nutrient intake that is likely to pose no risk of adverse effects. Unless otherwise specified, the UL represents total intake from food, water, and supplements. Due to lack of suitable data, ULs could not be established for thiamin, riboflavin, vitamin B₁₂, pantothenic acid, biotin, or any carotenoids. In the absence of ULs, extra caution may be warranted in consuming levels above recommended intakes.

^b The ULs for magnesium represent intake from a pharmacological agent only and do not include intake from food and water.

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Fluoride (mg/d)	Niacin (mg/d) ^c	Vitamin B ₆ (mg/d)	Folate (µg/d) ^c	Choline (g/d)	Vitamin C (mg/d)	Vitamin E (mg/d) ^d	Selenium (µg/d)
0.7	ND	ND	ND	ND	ND	ND	45
0.9	ND	ND	ND	ND	ND	ND	60
1.3	10	30	300	1.0	400	200	90
2.2	15	40	400	1.0	650	300	150
10	20	60	600	2.0	1,200	600	280
10	30	80	800	3.0	1,800	800	400
10	35	100	1,000	3.5	2,000	1,000	400
10	35	100	1,000	3.5	2,000	1,000	400
10	30	80	800	3.0	1,800	800	400
10	35	100	1,000	3.5	2,000	1,000	400
10	30	80	800	3.0	1,800	800	400
10	35	100	1,000	3.5	2,000	1,000	400

^c The ULs for niacin, folate, and vitamin E apply to synthetic forms obtained from supplements, fortified foods, or a combination of the two.

^d As α -tocopherol; applies to any form of supplemental α -tocopherol.

^e ND = Not determinable due to lack of data of adverse effects in this age group and concern with regard to lack of ability to handle excess amounts. Source of intake should be from food only to prevent high levels of intake.

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