

What is the recommended intake for vitamin D?

Recommendations for vitamin D are provided in the Dietary Reference Intakes (DRIs) developed by the Institute of Medicine (IOM) of the National Academy of Sciences [4]. Dietary Reference Intakes is the general term for a set of reference values used for planning and assessing nutrient intake for healthy people. Three important types of reference values included in the DRIs are Recommended Dietary Allowances (RDA), Adequate Intakes (AI), and Tolerable Upper Intake Levels (UL). The RDA recommends the average daily intake that is sufficient to meet the nutrient requirements of nearly all (97-98%) healthy individuals in each age and gender group [4]. An AI is set when there is insufficient scientific data available to establish a RDA. AIs meet or exceed the amount needed to maintain a nutritional state of adequacy in nearly all members of a specific age and gender group. The UL, on the other hand, is the maximum daily intake unlikely to result in adverse health effects [4].

The IOM determined there was insufficient scientific information to establish a RDA for vitamin D. Instead, the recommended intake is listed as an Adequate Intake (AI), which represents the daily vitamin D intake that should maintain bone health and normal calcium metabolism in healthy people.

AIs for vitamin D may be listed on food and dietary supplement labels as either micrograms (μg) or International Units (IU). The biological activity of 1 μg vitamin D is equal to 40 IUs [4]. AIs for vitamin D for infants, children, and adults, are listed in table 2 in micrograms and IUs [4].

Table 2: Adequate Intake for vitamin D for infants, children, and adults [4]

Age	Children ($\mu\text{g}/\text{day}$)	Men ($\mu\text{g}/\text{day}$)	Women ($\mu\text{g}/\text{day}$)	Pregnancy ($\mu\text{g}/\text{day}$)	Lactation ($\mu\text{g}/\text{day}$)
Birth to 13 years	5 (=200 IU)				
14 to 18 years		5 (=200 IU)	5 (=200 IU)	5 (=200 IU)	5 (=200 IU)
19 to 50 years		5 (=200 IU)	5 (=200 IU)	5 (=200 IU)	5 (=200 IU)
51 to 70 years		10 (=400 IU)	10 (=400 IU)		
71+ years		15 (=600 IU)	15 (=600 IU)		