

Vitamin and Mineral Recommendations for Women

Recommendations and Limits

- RDA = Recommended Dietary Allowance. The RDA represents the amount of nutrient needed to maintain good health for most people.
- UL = Tolerable Upper Intake Levels. The UL represents the highest amount most people can take without experiencing potentially harmful effects.

Avoid taking several different supplements, but rather take one multivitamin that includes a variety of needed nutrients in one dose. Combining supplements (such as taking a folic acid supplement along with your multivitamin, etc) can raise concerns because you run the risk of overdosing on a particular nutrient. Taking more than twice the RDA of any nutrient should be avoided during pregnancy.

	Vitamin/Minerals	RDA	UL
Fat-soluble Vitamins			
Vitamin A			
Women	14-18 yrs. old	700 mcg/d	2,800 mcg/d
	19-50 yrs. old	700 mcg/d	3,000 mcg/d
Pregnant Women	14-18 yrs. old	750 mcg/d	2,800 mcg/d
	19-50 yrs. old	770 mcg/d	3,000 mcg/d
Lactating Women	14-18 yrs. old	1,200 mcg/d	2,800 mcg/d
	19-50 yrs. old	1,300 mcg/d	3,000 mcg/d
Vitamin D			
Women	14-18 yrs. old	5 mcg/d	50 mcg/d
	19-50 yrs. old	5 mcg/d	50 mcg/d
Pregnant Women	14-18 yrs. old	5 mcg/d	50 mcg/d
	19-50 yrs. old	5 mcg/d	50 mcg/d
Lactating Women	14-18 yrs. old	5 mcg/d	50 mcg/d
	19-50 yrs. old	5 mcg/d	50 mcg/d
Vitamin E			
Women	14-18 yrs. old	15 mg/d	800 mg/d
	19-50 yrs. old	15 mg/d	1,000 mg/d
Pregnant Women	14-18 yrs. old	15 mg/d	800 mg/d
	19-50 yrs. old	15 mg/d	1,000 mg/d
Lactating Women	14-18 yrs. old	19 mg/d	800 mg/d
	19-50 yrs. old	19 mg/d	1,000 mg/d
Water-soluble Vitamins			
Vitamin C			
Women	14-18 yrs. old	65 mg/d	1,800 mg/d
	19-50 yrs. old	75 mg/d	2,000 mg/d
Pregnant Women	14-18 yrs. old	80 mg/d	1,800 mg/d
	19-50 yrs. old	85 mg/d	2,000 mg/d
Lactating Women	14-18 yrs. old	115 mg/d	1,800 mg/d
	19-50 yrs. old	120 mg/d	2,000 mg/d
Thiamine (B1)			
Women	14-18 yrs. old	1.0 mg/d	ND (Not Determined)
	19-50 yrs. old	1.1 mg/d	ND
Pregnant Women	14-18 yrs. old	1.4 mg/d	ND
	19-50 yrs. old	1.4 mg/d	ND
Lactating Women	14-18 yrs. old	1.4 mg/d	ND
	19-50 yrs. old	1.4 mg/d	ND

Riboflavin (B2)			
Women	14-18 yrs. old	1.0 mg/d	ND (Not Determined)
	19-50 yrs. old	1.1 mg/d	ND
Pregnant Women	14-18 yrs. old	1.4 mg/d	ND
	19-50 yrs. old	1.4 mg/d	ND
Lactating Women	14-18 yrs. old	1.6 mg/d	ND
	19-50 yrs. old	1.6 mg/d	ND
Niacin (B3)			
Women	14-18 yrs. old	14 mg/d	30 mg/d
	19-50 yrs. old	14 mg/d	35 mg/d
Pregnant Women	14-18 yrs. old	18 mg/d	30 mg/d
	19-50 yrs. old	18 mg/d	35 mg/d
Lactating Women	14-18 yrs. old	17 mg/d	30 mg/d
	19-50 yrs. old	17 mg/d	35 mg/d
Pyridoxine (B6)			
Women	14-18 yrs. old	1.2 mg/d	80 mg/d
	19-50 yrs. old	1.3 mg/d	100 mg/d
Pregnant Women	14-18 yrs. old	1.9 mg/d	80 mg/d
	19-50 yrs. old	1.9 mg/d	100 mg/d
Lactating Women	14-18 yrs. old	2.0 mg/d	80 mg/d
	19-50 yrs. old	2.0 mg/d	100 mg/d
Folate			
Women	14-18 yrs. old	400 mcg/d	800 mcg/d
	19-50 yrs. old	400 mcg/d	1,000 mcg/d
Pregnant Women	14-18 yrs. old	600 mcg/d	800 mcg/d
	19-50 yrs. old	600 mcg/d	1,000 mcg/d
Lactating Women	14-18 yrs. old	500 mcg/d	800 mcg/d
	19-50 yrs. old	500 mcg/d	1,000 mcg/d
Minerals			
Calcium			
Women	14-18 yrs. old	1,300 mg/d	2,500 mg/d
	19-50 yrs. old	1,000 mg/d	2,500 mg/d
Pregnant Women	14-18 yrs. old	1,300 mg/d	2,500 mg/d
	19-50 yrs. old	1,000 mg/d	2,500 mg/d
Lactating Women	14-18 yrs. old	1,300 mg/d	2,500 mg/d
	19-50 yrs. old	1,000 mg/d	2,500 mg/d
Iron			
Women	14-18 yrs. old	15 mg/d	45 mg/d
	19-50 yrs. old	18 mg/d	45 mg/d
Pregnant Women	14-18 yrs. old	27 mg/d	45 mg/d
	19-50 yrs. old	27 mg/d	45 mg/d
Lactating Women	14-18 yrs. old	10 mg/d	45 mg/d
	19-50 yrs. old	9 mg/d	45 mg/d
Zinc			
Women	14-18 yrs. old	9 mg/d	34 mg/d
	19-50 yrs. old	8 mg/d	40 mg/d
Pregnant Women	14-18 yrs. old	12 mg/d	34 mg/d
	19-50 yrs. old	11 mg/d	40 mg/d
Lactating Women	14-18 yrs. old	13 mg/d	34 mg/d
	19-50 yrs. old	12 mg/d	40 mg/d

Adapted from <http://www.americanpregnancy.org/pregnancyhealth/nutrientguidelines.htm>.
For more information, visit <http://www.iom.edu/> or ask your midwife.