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## Optimal Chromium intake

Optimal Chromium intake refers to the levels of consumption that are necessary for an individual to achieve the required amount needed in the body.

The Chromium **R**ecommended **D**ietary **A**llowances (RDA) - **A**dequate Intake (AI) is shown in the following table:

<i>Age</i>	<i>RDA/AI mcg/day</i>
<i>Less than 6 months</i>	0.2
<i>7-12 months</i>	5.5
<i>1-3 years</i>	11
<i>4-8 years</i>	15
<i>Boys 9-13 years</i>	25
<i>Girls 9-13 years</i>	21
<i>Men 14-50 years</i>	35
<i>Women 14-50 years</i>	24-25
<i>Men Above 50 years</i>	30
<i>Women Above 50 years</i>	20
<i>Women Pregnancy</i>	29-30