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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                 |