
Optimal Copper intake

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

The Copper **R**ecommended **D**ietary **A**llowances (RDA) is shown in the following table:

<i>Age</i>	<i>RDA mcg/day</i>
<i>Less than 6 months</i>	200 (AI)
<i>7-12 months</i>	220 (AI)
<i>1-3 years</i>	340
<i>4-8 years</i>	440
<i>9-13 years</i>	700
<i>14-18 years</i>	890
<i>Above 19 years</i>	900
<i>Women Pregnancy</i>	1000