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## Optimal Potassium Intake

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

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

<i>Age</i>	<i>RDA g/day</i>
<i>Less than 6 months</i>	400
<i>6-12 months</i>	700
<i>1-3 years</i>	3000
<i>4-8 years</i>	3800
<i>9-13 years</i>	4500
<i>14-18 years</i>	4700
<i>19-30</i>	4700
<i>31-50 years</i>	4700
<i>51-70 years</i>	4700
<i>&gt;70 years</i>	4700
<i>Women Pregnancy or breast feeding</i>	4700