
Optimal Zinc intake

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

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

<i>Age</i>	<i>RDA mg/day</i>
<i>Less than 6 months</i>	2.5
<i>7-12 months</i>	3
<i>1-3 years</i>	3
<i>4-8 years</i>	5
<i>9-13 years</i>	8
<i>14-18 years</i>	9-11
<i>Men 19-70 years</i>	8-11
<i>Women 19-70 years</i>	8-11
<i>Above 70 years</i>	8-11
<i>Women Pregnancy or breast feeding</i>	11-12