
Optimal Manganese intake

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

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

<i>Age</i>	<i>RDA/AI mg/day</i>
<i>Less than 6 months</i>	0.03
<i>7-12 months</i>	0.6
<i>1-3 years</i>	1.2
<i>4-8 years</i>	1.5
<i>Boys 9-18 years</i>	1.9-2.2
<i>Girls 9-18 years</i>	1.6
<i>Men Above 19 years</i>	2.3
<i>Women Above 19 years</i>	1.8
<i>Women Pregnancy</i>	2