
Optimal Choline intake

The Choline **R**ecommended **D**ietary **A**llowances (RDA) - **A**dequate Intake (AI) is shown in the following table:

<i>Age</i>	<i>RDA/AI mg/day</i>
<i>Less than 6 months</i>	125
<i>7-12 months</i>	150
<i>1-3 years</i>	200
<i>4-8 years</i>	250
<i>9-13 years</i>	375
<i>Men 14 years</i>	550
<i>Women 14 – 18 years</i>	400
<i>Women over 19</i>	425
<i>Women Pregnancy</i>	450