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## Optimal Vitamin A intake

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

<i>Age</i>	<i>RDA mcg/day</i>
<i>Less than 6 months</i>	400 (AI)
<i>6-12 months</i>	500 (AI)
<i>1-3 years</i>	300
<i>4-8 years</i>	400
<i>9-13 years</i>	600
<i>Men over 14 years</i>	900
<i>Women over 14 years</i>	700
<i>Women Pregnancy</i>	750-770