
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 |