
Optimal Vitamin B1 intake

The Vitamin B1 **Recommended Dietary Allowances (RDA) - Adequate Intake (AI)** is shown in the following table:

<i>Age</i>	<i>RDA mg/day</i>
<i>Less than 6 months</i>	0.2 (AI)
<i>6-12 months</i>	0.3 (AI)
<i>1-3 years</i>	0.5
<i>4-8 years</i>	0.6
<i>9-13 years</i>	0.9
<i>Men over 14 years</i>	1.2
<i>Women over 14 years</i>	1.0-1.1
<i>Women Pregnancy</i>	1.4