
Optimal Vitamin B3 intake

The Vitamin B3 **R**ecommended **D**ietary **A**llowances (RDA) - **A**dequate **I**ntake (AI) is shown in the following table:

<i>Age</i>	<i>RDA mg/day</i>
<i>Less than 6 months</i>	2 (AI)
<i>6-12 months</i>	4 (AI)
<i>1-3 years</i>	6
<i>4-8 years</i>	8
<i>9-13 years</i>	12
<i>Men over 14 years</i>	16
<i>Women over 14 years</i>	14
<i>Women Pregnancy</i>	18