
Optimal Vitamin B5 intake

The Vitamin B5 **R**ecommended **D**ietary **A**llowances (RDA) - **A**dequate **I**ntake (AI) is shown in the following table:

<i>Age</i>	<i>RDA/AI mg/day</i>
<i>Less than 6 months</i>	1.7
<i>6-12 months</i>	1.8
<i>1-3 years</i>	2
<i>4-8 years</i>	3
<i>9-13 years</i>	4
<i>Adult over 14 years</i>	5
<i>Women Pregnancy</i>	6