
Optimal Vitamin B6 intake

The Vitamin B6 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>	0.1 (AI)
<i>6-12 months</i>	0.3 (AI)
<i>1-3 years</i>	0.4
<i>4-8 years</i>	0.6
<i>9-13 years</i>	1
<i>Men 14- 50 years</i>	1.3
<i>Men 14- 50 years</i>	1.2-1.3
<i>Men over 51 years</i>	1.7
<i>Women over 51 years</i>	1.7
<i>Women Pregnancy</i>	1.9