
Optimal Vitamin B12 intake

The Vitamin B12 **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>	0.4 (AI)
<i>6-12 months</i>	0.5 (AI)
<i>1-3 years</i>	0.9
<i>4-8 years</i>	1.2
<i>9-13 years</i>	1.8
<i>Adults over 14 years</i>	2.4
<i>Women Pregnancy</i>	2.6