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## Optimal Vitamin C intake

The Vitamin C **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>	40 (AI)
<i>7-12 months</i>	50 (AI)
<i>1-3 years</i>	15
<i>4-8 years</i>	25
<i>9-13 years</i>	45
<i>Boys 14-18 years</i>	75
<i>Girls 14-18 years</i>	65
<i>Men over 19 years</i>	90
<i>Women over 19 years</i>	75
<i>Women Pregnancy</i>	85