

---

## Optimal Vitamin D intake

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

<i>Age</i>	<i>RDA/AI mcg/day</i>
<i>Less than 6 months</i>	5
<i>7-12 months</i>	5
<i>Boys 1-18 years</i>	5
<i>Girls 1-18 years</i>	5
<i>Adults 19-50 years</i>	5
<i>Adults 51-70 years</i>	10
<i>Adults over 70 years</i>	15
<i>Women Pregnancy</i>	5