
Optimal Vitamin E intake

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

<i>Age</i>	<i>RDA mg/day</i>
<i>Less than 6 months</i>	4 (AI)
<i>7-12 months</i>	5 (AI)
<i>1-3 years</i>	6
<i>4-8 years</i>	7
<i>9-13 years</i>	11
<i>Adults over 14 years</i>	15
<i>Women Pregnancy</i>	15