RECOMMENDED AND UPPER LIMITS OF SELECT VITAMINS AND MINERALS

VITAMIN/MINERAL	RECOMMENDED AMOUNT	TOLERABLE UPPER INTAKE
Vitamin A	700-900 micrograms (mcg)	3000 micrograms (mcg)
Vitamin B6	1.5-1.7 micrograms (mcg)	100 micrograms (mcg)
Folate	400 micrograms (mcg)	1000 micrograms (mcg)
Niacin	14-16 milligrams (mg)	35 milligrams (mg)
Vitamin C	75-90 milligrams (mg)	2000 milligrams (mg)
Calcium	1000 milligrams (mg) 1200 mg for men > 70 And women > 50	2500 milligrams (mg) 2000 milligrams (mg) > 50
Vitamin D	600 IU 800 IU after age 70	4000 IU
Vitamin E	15 milligrams (mg) or 16 IU	1000 milligrams (mg) or 1111 IU
Iron	8 milligrams for men and women > 50 18 milligrams for women 19-50	45 milligrams (mg)
Selenium	55 micrograms (mcg)	400 micrograms (mcg)