

Recommended Daily Allowances

Vitamins Daily Dosages

Vitamin A	10,000 IU
Beta-carotene	15,000 IU
Vitamin B1 (thiamine)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (niacin)	100 mg
Pantothenic acid (vitamin B5)	100 mg
Vitamin B6 (pyridoxine)	50 mg
Vitamin B12	300 mcg
Biotin	300 mcg
Choline	100 mg
Folic acid	800 mcg
Inositol	100 mg
Para-aminobenzoic acid (PABA)	50 mg
Vitamin C with mineral ascorbates	3,000 mg
Bioflavonoids (mixed)	500 mg
Hesperidin	100 mg
Rutin	25 mg
Vitamin D	400 IU
Vitamin E	600 IU
Vitamin K (use natural sources such as green leafy vegetables)	100 mcg
Essential fatty acids (EFAS)	As directed on label (primrose oil, flaxseed oil, salmon oil, and fish oil are good sources)

