

**Table III.** Recommended intake (RI) for pregnant women (14,15) estimated average requirement (AR), estimated upper intake levels (UL), vitamin and mineral content of food (including supplements) consumed by the subjects. Results are presented as mean intake, standard deviation (SD) and percentiles.

	RI	AR	UL	Mean n=183	SD	5%	25%	50%	75%	95%
Vitamin A RJ (µg)	800	500	-	1088	690	377	599	835	1369	2599
Retinol (µg)	-	-	3000	890	661	214	421	627	1204	2338
β-carotene (µg)	-	-	-	2227	2096	366	826	1591	2949	6069
D-vítamín (µg)	15	7.5	100	13.1	11.3	1.7	4.2	10.8	18.0	32.9
E-vítamín. α-TJ (mg)	10	5	300*	15.2	8.7	5.1	8.6	14.0	19.0	32.6
Thiamin (mg)	1.5	0.9	-	2.1	1.2	0.8	1.3	1.8	2.5	4.4
Riboflavin (mg)	1.6	1.1	-	2.6	1.3	1.1	1.6	2.3	3.2	5.6
Niacin (mg)	17	12	-	40	15	22	29	37	47	71
Vitamin B6 (mg)	1.4	1.1	25*	2.8	1.6	1.1	1.6	2.3	3.4	5.9
Folate (total) (µg)	500	200	1000*	580	322	208	324	527	738	1211
Vitamin B12 (µg)	2	1.4	-	6.4	2.8	2.9	4.5	5.7	7.7	12.3
Vitamin C (mg)	85	50	1000	162	125	51	95	135	204	318
Calcium (mg)	900	500	2500	1107	366	590	878	1063	1276	1702
Phosphorus (mg)	700	450	3000	1531	346	1047	1278	1517	1723	2153
Magnesium (mg)	280	-	-	308	81	192	246	300	361	452
Sodium (mg)	-	-	2400***	2838	681	1776	2341	2790	3200	3989
Potassium (mg)	3100	-	3700	2754	679	1796	2239	2654	3161	3956
Iron (mg)	15**	10	-	20	21	6	10	15	22	40
Zink (mg)	9	5	25	17	10	7	10	14	23	38
Copper (mg)	1	0.7	5	2.0	1.3	0.8	1.1	1.5	2.8	5.0
Iodine (µg)	175	100	600	186	120	65	94	152	240	404
Manganese (mg)	-	-	-	4.4	2.0	1.9	2.8	4.0	5.3	8.7
Chromium (µg)	-	-	-	48	33	17	25	38	67	120

Selenium (µg)	60	30	300	84	37	41	59	75	104	168
Molybdenum (µg)	-	-	-	80	78	15	25	38	136	260

---

\* In the form of supplements only.

\*\*Physiological need depends on iron stores at the start of pregnancy.

\*\*\*Population goal.