

Nutritional Supplement Truths.Com

Evaluating Supplements

Criteria/Category: [Formulas - Safe Upper Levels Vitamins/Minerals](#)

Nutrient	Upper Level for Supplements (2004)
Vitamin A (retinal and its esters)	3000 mcg ¹ 10,000 IU) 1500 mcg ² (5000 IU)
Beta-carotene	25 mg (non-smokers) Smokers should not use
Vitamin D	60 mcg (2400 IU)
Vitamin E	1000 mg (1600 IU)
Vitamin k	10 mg
Vitamin C	2000 mg
Vitamin B1	100 mg
Vitamin B2	200 mg
Nicotinic Acid (form of vitamin B3)	500mg ³ and 250 mg ^{SR4}
Nicotinamide (form of vitamin B3)	1500 mg
Vitamin B6	100 mg
Folic acid	1000 mcg

Vitamin B12	3000 mcg
Biotin	2500 mcg
Pantothenic acid (Vitamin B5)	1000 mcg
Calcium	1500 mg
Phosphorus	1500 mg
Magnesium	400 mg
Magnesium	1500 mg (3 x 500)
Boron	6 mg
Chromium	1000 mcg
Copper	9 mg
Fluoride	No Upper level for supplements
Iodine	500 mcg
Iron	60 mg(full stomach)
Manganese	10 mg
Molybdenum	350 mcg

Selenium	200 mcg
Zinc	30 mg

The symbol μ = mcg (micrograms)

- ¹ Retinol upper level for supplements (ULS) for persons with average levels of dietary retinol
- ² Retinol ULS for persons consuming liver or foods fortified with retinol
- ³ Based on liver and gastrointestinal toxicity
- SR4 = slow-release (time-release) formulations of nicotinic acid