

# Recommended Dietary Allowances (RDA)

## Water-Soluble Vitamins

Vitamin	RDA	Population Group
Vitamin B1 (Thiamine)	1-1.5 mg	Adults
Vitamin B6 (Pyridoxine)	2-2.2 mg	Adult men
Vitamin B6 (Pyridoxine)	2.0 mg	Adult women
Vitamin B6 (Pyridoxine)	2.5 mg	Pregnancy and lactation
Vitamin B7 (Biotin)	200-300 µg	Adults
Vitamin B9 (Folic Acid)	400 µg	Adults
Vitamin B9 (Folic Acid)	400-1000 µg	Pregnant women