

The following recommended daily intakes for vitamins and minerals have been established as essential in human nutrition and should be used for calculating the percent daily value per serving on nutrition facts: (from 21CFR 101.9)

- Vitamin A 5,000 International Units (IU)
- Vitamin C 60 milligrams (mg)
- Calcium 1,000 mg
- Iron 18 mg
- Vitamin D 400 IU
- Vitamin E 30 IU
- Vitamin K 80 micrograms (mcg)
- Thiamin 1.5 mg
- Riboflavin 1.7 mg
- Niacin 20 mg
- Vitamin B6 2 mg
- Folate 400 mcg
- Vitamin B12 6 mcg
- Biotin 300 mcg
- Pantothenic acid 10 mg
- Phosphorus 1,000 mg
- Iodine 150 mcg
- Magnesium 400 mg
- Zinc 15 mg
- Selenium 70 mcg
- Copper 2 mg
- Manganese 2 mg
- Chromium 120 mcg
- Molybdenum 75 mcg
- Chloride 3,400 mg

For the purpose of labeling with percent DRV, the following amounts have been established for food components based on the reference caloric intake of 2,000 calories per day.

- Fat 65grams (g)
- Saturated Fat 20g
- Cholesterol 300 mg
- Total Carbohydrates 300 g
- Fiber 25g
- Sodium 2,400 mg
- Potassium 3,500 mg
- Protein 50g