

DIETARY SUPPLEMENT LABEL REFERENCE CHART

Revised Daily Values for Adults

NUTRIENT	PREVIOUS DAILY VALUE	UPDATED DAILY VALUE
Total Fat	65 g	78 g
Saturated Fat	20 g	20 g
Added Sugars	N/A	50 g
Cholesterol	300 mg	300 mg
Sodium	2,400 mg	2,300 mg
Potassium	3,500 mg	4,700 mg
Total Carbohydrate	300 g	275 g
Dietary Fiber	25 g	28 g
Protein	50 g	50 g
Vitamin A	5,000 IU	900 mcg (3,000 IU)
Vitamin C	60 mg	90 mg
Calcium	1,000 mg	1,300 mg
Iron	18 mg	18 mg
Vitamin D	400 IU	20 mcg (800 IU)
Vitamin E	30 IU	15 mg (22.4 IU)
Vitamin K	80 mcg	120 mcg
Thiamin	1.5 mg	1.2 mg
Riboflavin	1.7 mg	1.3 mg
Niacin	20 mg	16 mg
Vitamin B6	2 mg	1.7 mg
Folate	400 mcg	400 mcg DFE (240 mcg)
Vitamin B12	6 mcg	2.4 mcg
Biotin	300 mcg	30 mcg
Pantothenic acid	10 mg	5 mg
Phosphorus	1,000 mg	1,250 mg
Iodine	150 mcg	150 mcg
Magnesium	400 mg	420 mg
Zinc	15 mg	11 mg
Selenium	70 mcg	55 mcg
Copper	2 mg	0.9 mg
Manganese	2 mg	2.3 mg
Chromium	120 mcg	35 mcg
Molybdenum	75 mcg	45 mcg
Chloride	3,400 mg	2,300 mg
Choline	N/A	550 mg

VitaMedica Corporation

Toll Free: 888-367-8605 Email: info@vitamedica.com