

## REVISED UNITS OF MEASURE

The chart below provides conversion factors and a quick reference to compare previous and updated equivalent values.

<b>VITAMIN A</b>	
To convert from IU of vitamin A or beta-carotene to mcg RAE (Retinol Activity Equivalents) multiply by 0.30	
<b>PREVIOUS VALUE</b>	<b>UPDATED EQUIVALENT</b>
2,550 IU	765 mcg
5,000 IU	1,500 mcg
7,500 IU	2,250 mcg
12,500 IU	3,750 mcg

<b>VITAMIN E</b>	
To convert from IU of vitamin E to mg of d-alpha for tocopherol, multiply by 0.67	
<b>PREVIOUS VALUE</b>	<b>UPDATED EQUIVALENT</b>
30 IU	20 mg
70 IU	47 mg
90 IU	60 mg
120 IU	80 mg

<b>VITAMIN D3</b>	
To convert from IU of vitamin D3 to mcg of vitamin D3, multiply by 0.025	
<b>PREVIOUS VALUE</b>	<b>UPDATED EQUIVALENT</b>
375 IU	9.4 mcg
450 IU	11.3 mcg
600 IU	15 mcg
900 IU	22.5 mcg

<b>FOLATE</b>	
To convert from mcg to mcg DFE (Dietary Folate Equivalents) divide by 0.60	
<b>PREVIOUS VALUE</b>	<b>UPDATED EQUIVALENT</b>
300 mcg	500 mcg DFE
400 mcg	667 mcg DFE
500 mcg	833 mcg DFE
600 mcg	1,000 mcg DFE