

VITAMINS – YOUR COMPLETE GUIDE

By Alcardia Lifesciences Pvt. Ltd.

Recommended Dietary Allowance (RDA) of Vitamins

Vitamin	RDA (Adults)	Key Functions	Sources
Vitamin A	900 µg (M), 700 µg (F)	Vision, immunity, skin	Carrots, spinach, liver
Vitamin B1 (Thiamine)	1.2 mg (M), 1.1 mg (F)	Energy metabolism, nerves	Whole grains, pork, legumes
Vitamin B2 (Riboflavin)	1.3 mg (M), 1.1 mg (F)	Energy, cell growth	Milk, eggs, green vegetables
Vitamin B3 (Niacin)	16 mg (M), 14 mg (F)	Metabolism, skin, nerves	Fish, poultry, nuts
Vitamin B5 (Pantothenic acid)	5 mg	Fatty acid synthesis	Eggs, meat, whole grains
Vitamin B6 (Pyridoxine)	1.7 mg (M), 1.3–1.5 mg (F)	Protein metabolism, immunity	Bananas, potatoes, fish
Vitamin B7 (Biotin)	30 µg	Hair, skin, metabolism	Egg yolk, nuts, soybeans
Vitamin B9 (Folic acid)	400 µg	DNA synthesis, pregnancy health	Leafy greens, legumes, citrus
Vitamin B12 (Cobalamin)	2.4 µg	Nerve & RBC formation	Meat, eggs, dairy
Vitamin C	90 mg (M), 75 mg (F)	Immunity, antioxidant, wound healing	Citrus fruits, amla, guava
Vitamin D	600 IU (15 µg)	Bone health, calcium absorption	Sunlight, fortified milk, fish
Vitamin E	15 mg	Antioxidant, protects cells	Vegetable oils, nuts, seeds
Vitamin K	120 µg (M), 90 µg (F)	Blood clotting, bone health	Spinach, broccoli, cabbage

Note: RDA values are based on average adult requirements. Individual needs may vary. Consult your doctor for personalized advice.