

The Blended Standard: Table of Recommended Daily Intakes

Nutritional Components	Units	Balch Average	Colgan Average	Mindell Average	Murray Average	Passwater Average	Strand Average	Whitaker Average	Blended Median	Upper Limits
Vitamins										
Vitamin A	IU	7500	7500		5000	10000		5000	7,500	10,000 IU
Vitamin D	IU	400	400	300	250	350	625	250	350	2000 IU
Vitamin K	ug	300	75		180		75	180	180	ND
B-Complex Vitamins										
Biotin	ug	600	500	200	200	57.5	650	200	200	ND
Folic Acid	ug	600	400	300	400	600	900	300	400	1000 ug
Vitamin B ₁	mg	75	50	37.5	55	42.5	25	55	50	ND
Vitamin B ₂	mg	32.5	45	62.5	30	42.5	37.5	55	43	ND
Vitamin B ₃	mg	107.5	130	62.5	75	62.5	52.5	75	75	35 mg (as niacin)
Vitamin B ₅	mg	75	150	62.5	62.5	137.5	140	62.5	75	ND
Vitamin B ₆	mg	75	50	75	62.5	55	37.5	62.5	63	100 mg
Vitamin B ₁₂	ug	300	100	550	400	55	175	300	300	ND
Antioxidant Vitamins and Nutrients										
alpha-Carotene							650		insufficient data	ND
beta-Carotene	IU	15000	12500	12500	15000	11250	12500	15000	12,500	ND
Coenzyme Q ₁₀	mg	65	30	60	100	15	25		45	ND
Lipoic Acid	mg		100		35		22.5		35	ND
Para-Aminobenzoic Acid	mg	30	35			52.5			35	ND
Vitamin C	mg	2000	3250	2000	1000	4750	1500	175	2,000	2000 mg
Vitamin E	IU	500	400	400	600	500	600	600	500	1467 IU (1000 mg)
Vitamin E (mixed tocopherols)	IU		200						insufficient data	ND
Bioflavonoid Complex										
Bioflavonoids (mixed)	mg	350	250		4000				555	! ** ND
Hesperidin	mg	75							insufficient data	ND
Lutein	mg		6				3.5		insufficient data	ND
Lycopene	mg		15				2		insufficient data	ND
Phenolic compounds ^ ^ ^	mg		900		350				insufficient data	ND
Pinus Epicatechins	mg		10						25	^ ^ ^ ND
Procyanidolic Oligomers	mg		285		50	50	100		insufficient data	ND
Quercetin	mg	105			900				insufficient data	ND
Rutin	mg	25							insufficient data	ND
Zeaxanthin	mg	90							insufficient data	ND
Glutathione Complex										
Cysteine (n-acetyl)	mg	375	50			50	62.5		56	ND
Glutathione	mg		100				15		insufficient data	ND
Lipid Metabolism										
Carnitine	mg	800		750		50			750	ND
Choline	mg	125		62.5	55	55	150	55	59	* 3500 mg
Inositol	mg	125	200	200	55	55	200	55	125	ND
Lecithin	mg	350	200			1500			350	^ ND
Linoleic Acid	mg		150						insufficient data	ND
Linolenic Acid (alpha)	mg		250						insufficient data	ND
Linolenic Acid (gamma)	mg		25						insufficient data	ND
Phosphatidylcholine	mg								insufficient data	ND
Phosphatidylserine	mg		180		300				insufficient data	^ ND
Minerals										
Boron	mg	4.5	3	3	3.5	1.5	2.5	1.5	3	
Calcium	mg	1750	800	900	750	250	1150	500	800	2500 mg
Chromium (trivalent)	ug	275	200	300	300	200	250	300	275	ND
Copper	mg	2.5	0.5	3	1.5	2	2	1.5	2	10 mg
Iodine	ug	162.5	100		100	75	150	100	100	1100 ug
Iron	mg	24	10		22.5	10		22.5	23	*** 45 mg
Magnesium	mg	875	600	450	375	300	650	375	450	250 mg
Manganese	mg	6.5	6	10	12.5	3	4.5	12.5	7	11 mg
Molybdenum	ug	65	60		17.5	87.5	75	17.5	63	2000 ug
Potassium	mg	299.5	100		350	12.5		350	300	ND
Selenium	ug	150	300	37.5	150	137.5	200	150	150	400 ug
Silicon	mg				13	12.5	3	0.6	8	ND
Vanadium	ug	600		112.5	75		65	75	75	ND
Zinc	mg	40	15	12.5	30	20	25	22.5	23	40 mg
Other Nutritional Factors										
Dimethylglycine (DMG)	mg					50	350		insufficient data	^ ^ ND
Ginkgo biloba	mg		80						insufficient data	ND
Glucosamine	mg				1500				insufficient data	ND
Lysine	mg	75							insufficient data	ND
Melatonin	mg			1.5	3				insufficient data	ND
Methionine	mg	75							insufficient data	ND
Taurine	mg	300							insufficient data	ND
Tyrosine	mg	500							insufficient data	ND

Upper Limits (UL) - The upper level of intake considered safe for use by adults, incorporating a safety factor, Food and Nutrition Board of the Institute of Medicine

^^^ Recommended level of Phenolic Acids adapted from: Visioli F and Galli C. "Natural antioxidants and prevention of coronary heart disease: the potential role of olive oil and its minor constituents." *Nutr Metab Cardiovasc Dis* 1995, 5: 306-314.

References by author

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* Colgan: lecithin specified in form of p-choline
 ** Strand: no amount specified
 *** Balch: only if an iron deficiency exists
 ^ Passwater: 1-2 caps estimated at 1000 mg/cap as lecithin
 ^^ Strand: recommends trimethylglycine
 ^^^ See comment above
 ! also includes values for hesperidin, quercetin and rutin
 ND Not Determined