

"TABLE III
(Regulation 26)

RECOMMENDED MAXIMUM AMOUNT OF VITAMIN AND MINERAL

<i>Vitamin and mineral</i>	<i>Maximum amount recommended in daily serving</i>
Vitamin B6	93 miligram
Vitamin C	1,750 miligram
Vitamin D	35 micrograms
Vitamin E	970 miligram
Niacin	820 miligram NE
Molybdenum	350 micrograms
Phosphorus	1,250 miligram
Selenium	200 micrograms
Magnesium	250 miligram
Folate	600 micrograms DFE
Vitamin A	1,000 micrograms RE
Calcium	1,500 miligram
Copper	2 miligram
Flouride	3.5 miligram
Iodine	200 micrograms
Iron	20 miligram
Manganese	2 miligram
Zinc	15 miligram

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DATO' SRI DR. ADHAM BIN BABA
Minister of Health