

Vitamins and Minerals Needed By The Body

Vitamin or Mineral Name	Recommended Daily Amount	Benefits for the body
Vitamin A	900 micrograms (mcg) for men and 700 mcg for women	Important for vision, cell division, bone growth and the immune system. Vitamin A also has antioxidant properties.
Vitamin B1	Men 1.2 milligrams (mg), women 1.1 mg	Helps convert food into energy. Needed for healthy skin, hair, muscles, and is critical for nerve function.
Vitamin B2	Men 1.3 mg, women 1.1 mg	Helps convert food into energy. Needed for healthy skin, hair, blood, and brain
Vitamin B3	Men 16 mg, women 14 mg	Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system
Vitamin B5	Men 5 mg, women 5 mg	Helps convert food into energy. Helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin
Vitamin B6	31–50 years old: Men: 1.3 mg, Women: 1.3 mg; 51+ years old: Men: 1.7 mg, Women: 1.5 mg	May reduce the risk of heart disease. Helps make red blood cells. Influences cognitive abilities and immune function
Vitamin B12	Men: 2.4 mcg, Women: 2.4 mcg	May lower the risk of heart disease. Assists in making new cells. Protects nerve cells and encourages their normal growth. Helps make red blood cells and DNA
Vitamin C	Men: 90 mg, Women: 75 mg	May lower the risk for some cancers. May protect against cataracts. Helps make collagen and the neurotransmitters serotonin and norepinephrine. Bolsters the immune system
Vitamin D	Ages 31–70: 15 mcg (600 IU) Ages 71+: 20 mcg (800 IU)	Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones. Supplements can reduce the number of non-spinal fractures
Vitamin E	Men: 15 mg, Women: 15 mg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Protects vitamin A and certain lipids from damage. Diets rich in vitamin E may help prevent Alzheimer's disease.
Vitamin K	Men: 120 mcg, Women: 90 mcg	Activates proteins and calcium essential to blood clotting. May help prevent hip fractures
Folic Acid	Men: 400 mcg, Women: 400 mcg	Vital for new cell creation. Helps prevent brain and spine birth defects when taken early in pregnancy. May reduce heart disease risk May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol

Calcium	Ages 31–50: Men: 1,000 mg, Women: 1,000 mg Ages 51-70: Men: 1,000 mg, Women: 1,200 mg, Ages 71+: M: 1,200 mg, W: 1,200 mg	Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure
Iron	Ages 19–50: Men: 8 mg, Women: 18 mg Ages 51+: Men: 8 mg, Women: 8 mg	Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones
Potassium	Men: 4.7 g, Women: 4.7 g	Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones
Magnesium	Ages 18+: Men: 420 mg, Women: 320 mg	Needed for many chemical reactions in the body. Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth
Sodium	Men: 2,300 mg, Women: 2,300 mg	Balances fluids in the body. Helps send nerve impulses. Needed for muscle contractions. Impacts blood pressure; even modest reductions in salt consumption can lower blood pressure
Manganese	Men: 2.3 mg, Women: 1.8 mg	Helps form bones. Helps metabolize amino acids, cholesterol, and carbohydrates
Choline	Men: 550 mg, Women: 425 mg	Helps make and release the neurotransmitter acetylcholine, which aids in many nerve and brain activities. Plays a role in metabolizing and transporting fats
Selenium	Men: 55 mcg, Women: 55 mcg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity
Zinc	Men: 11 mg, Women: 8 mg	Helps form many enzymes and proteins and create new cells. Frees Vitamin A from storage in the liver. Needed for immune system, taste, smell, and wound healing. When taken with certain antioxidants, zinc may delay the progression of age-related macular degeneration



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