

The recommended dietary allowance (RDA) for vitamin A in international units (IUs)

Age	Children	Males	Females	Pregnancy	Lactation
1-3	1,000				
4-8	1,320				
9-13	2,000				
14-18		3,000	2,310	2,500	4,000
19 +		3,000	2,310	2,565	4,300

Note: Some products measure vitamin A in retinol equivalents (RE) rather than international units (IU); one RE equals 3.3 IU.