

FIC ANNEX XIII REFERENCE INTAKES

PART A — DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

1. Vitamins and minerals which may be declared and their nutrient reference values

Vitamin A (µg)	800	Chloride (mg)	800
Vitamin D (µg)	5	Calcium (mg)	800
Vitamin E (mg)	12	Phosphorus (mg)	700
Vitamin K (µg)	75	Magnesium (mg)	375
Vitamin C (mg)	80	Iron (mg)	14
Thiamin (mg)	1.1	Zinc (mg)	10
Riboflavin (mg)	1.4	Copper (mg)	1
Niacin (mg)	16	Manganese (mg)	2
Vitamin B6 (mg)	1.4	Fluoride (mg)	3.5
Folic acid (µg)	200	Selenium (µg)	55
Vitamin B12 (µg)	2.5	Chromium (µg)	40
Biotin (µg)	50	Molybdenum (µg)	50
Pantothenic acid (mg)	6	Iodine (µg)	150
Potassium (mg)	2000		

2. Significant amount of vitamins and minerals

As a rule, the following values should be taken into consideration in deciding what constitutes a significant amount:

- 15 % of the nutrient reference values specified in point 1 supplied by 100g or 100ml in the case of products other than beverages
- 7.5 % of the nutrient reference values specified in point 1 supplied by 100ml in the case of beverages or
- 15 % of the nutrient reference values specified in point 1 per portion if the package contains only a single portion

PART B — REFERENCE INTAKES FOR ENERGY AND SELECTED NUTRIENTS OTHER THAN VITAMINS AND MINERALS (ADULTS)

Energy or nutrient	Reference intake
Energy	8400kJ/2000kcal
Total fat	70g
Saturates	20g
Carbohydrate	260g
Sugars	90g
Protein	50g
Salt	6g