



# Nutrition Calculator

A guide to the new Daily Values for vitamins and minerals

HEALTH • NUTRITION • MATERIALS





## Stay current on FDA regulations

In 2016, FDA released updated regulations pertaining to the nutrition labeling of foods and dietary supplements, updating 21 CFR part 101. Manufacturers of consumer products must update product labels beginning July 2018. FDA has provided industry resources on their website, including mandatory compliance dates, guidance documents, Q&As and label format examples. The changes modified the Daily Values (DVs) for most micronutrients, and units of measure for some vitamins.

Change the % Daily Value on the next two pages to calculate the nutrient amounts required to meet the original and new DVs for adults and children 4 or more years of age. Unit conversions are provided on the right.

## We are your expert partner in nutrition

DSM can help you navigate the changing regulatory landscape. We have the products, services and people to keep you ahead of the competition with innovative products that resonate with today's consumer. Learn more about our science-backed ingredients, custom premixes, Innovation Center and other cutting-edge services.

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**Vitamin A**  
1 mcg Retinol Activity Equivalents (RAE) =

- 1 mcg retinol
- 2 mcg supplemental  $\beta$ -carotene
- 12 mcg  $\beta$ -carotene
- 24 mcg  $\alpha$ -carotene or  $\beta$ -cryptoxanthin
- 3,33 IU

**Niacin**  
1 mg Niacin Equivalents (NE) =

- 1 mg niacin
- 60 mg tryptophan

**Vitamin D**  
1 mcg = 40 IU

**Folate and Folic Acid**  
1 mcg Dietary Folate Equivalents (DFE) =

- 1 mcg folate
- 0.6 mcg folic acid

**Vitamin E**  
1 mg  $\alpha$ -tocopherol (label claim) =

- 1 mg RRR- $\alpha$ -tocopherol (d forms)
- 2 mg *all rac*- $\alpha$ -tocopherol (dl forms)
- 1.49 IU RRR- $\alpha$ -tocopherol (d forms)
- 2.20 IU *all rac*- $\alpha$ -tocopherol (dl forms)

*This tool is for informational purposes only and reflects FDA guidance at the time of publication. It is not intended to take the place of a regulatory reference or independent advice and counsel by the customer's own and/or locally hired experts in the fields of Regulatory Affairs, Nutrition Science, and Legal Affairs. Customer shall rely solely on its own experts for advice and recommendation in these fields.*

For more information and industry resources, [click here](#) to visit the FDA website

# Vitamins

Daily Value

%

**Vitamin A**  $\frac{\text{mcg (RAE)}}{\text{IU}}$  **NEW**  
Original

**Niacin**  $\frac{\text{mg (NE)}}{\text{mg}}$  **NEW**  
Original

**Vitamin C**  $\frac{\text{mg}}{\text{mg}}$  **NEW**  
Original

**Vitamin B6**  $\frac{\text{mg}}{\text{mg}}$  **NEW**  
Original

★ **Vitamin D**  $\frac{\text{mcg}}{\text{IU}}$  **NEW**  
Original

**Folate & Folic Acid**  $\frac{\text{mcg DFE}}{\text{mcg}}$  **NEW**  
Original

**Vitamin E**  $\frac{\text{mg (\alpha-toc)}}{\text{IU}}$  **NEW**  
Original

**Vitamin B12**  $\frac{\text{mcg}}{\text{mcg}}$  **NEW**  
Original

**Vitamin K**  $\frac{\text{mcg}}{\text{mcg}}$  **NEW**  
Original

**Biotin**  $\frac{\text{mcg}}{\text{mcg}}$  **NEW**  
Original

**Thiamin**  $\frac{\text{mg}}{\text{mg}}$  **NEW**  
Original

**Pantothenic Acid**  $\frac{\text{mg}}{\text{mg}}$  **NEW**  
Original

**Riboflavin**  $\frac{\text{mg}}{\text{mg}}$  **NEW**  
Original

**Choline**  $\frac{\text{mg}}{\text{mg}}$  **NEW**

# Minerals

Daily Value

%

★ Calcium	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original	Copper	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original
			Manganese	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original
Phosphorous	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original	Chromium	$\frac{\text{mcg}}{\text{mcg}}$	<b>NEW</b> Original
			Molybdenum	$\frac{\text{mcg}}{\text{mcg}}$	<b>NEW</b> Original
			Chloride	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original
Magnesium	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original	★ Potassium	$\frac{\text{mg}}{\text{mg}}$	<b>NEW</b> Original
Selenium	$\frac{\text{mcg}}{\text{mcg}}$	<b>NEW</b> Original			