

Tryptophan	Male	108	156	160	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Tryptophan	Female	108	156	160	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Tryptophan	Male	0	6	24	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Tryptophan	Female	0	6	24	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	168	216	1638	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	168	216	1404	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Pregnant	168	216	1544.4	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Lactating	168	216	1684.8	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	228	600	1820	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	228	600	1482	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Pregnant	228	600	1630.2	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Lactating	228	600	1778.40C	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	12	36	312	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	12	36	312	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	48	96	520	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	48	96	520	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	612	612	1820	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	612	612	1482	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Pregnant	612	612	1630.2	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Lactating	612	612	1778.40C	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	7	12	234	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	7	12	234	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	108	156	1040	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	108	156	1040	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Male	0	6	156	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Valine	Female	0	6	156	mg/kg body weight	Enhanced	WHO	https://www.google.co.uk/books/edition/Protein_and_Amino_Acid_Requirements_in_H/YaYsDwAAQBAJ	
Vitamin E	Male	168	216	5.24	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Female	168	216	4.10	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Pregnant	168	216	5.33	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Lactating	168	216	5.74	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Male	228	360	4.76	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Female	228	360	3.73	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Pregnant	228	360	4.84	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Lactating	228	360	5.22	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Male	372	600	4.76	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Female	372	600	3.73	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Pregnant	372	600	4.84	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Lactating	372	600	5.22	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Male	612	840	5.71	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Female	612	840	4.47	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Male	840	840	6.19	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin E	Female	840	840	4.84	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Male	228	360	1024.36	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Female	228	360	801.67	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Pregnant	228	360	1042.18	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Lactating	228	360	1122.35	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Male	372	600	1024.36	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Female	372	600	801.67	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Pregnant	372	600	1042.18	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Lactating	372	600	1122.35	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Male	612	840	1229.23	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Female	612	840	962.01	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Male	840	840	1331.67	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin K	Female	840	840	1042.18	mcg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Male	228	360	0.57	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Female	228	360	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Pregnant	228	360	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Lactating	228	360	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Male	372	600	0.57	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Female	372	600	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Pregnant	372	600	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Lactating	372	600	0.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Male	612	840	0.69	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Female	612	840	0.54	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Male	840	840	0.75	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B1	Female	840	840	0.58	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Male	228	360	1.43	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Female	228	360	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Pregnant	228	360	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Lactating	228	360	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Male	372	600	1.43	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Female	372	600	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Pregnant	372	600	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Lactating	372	600	1.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Male	612	840	1.71	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Female	612	840	1.34	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Male	840	840	1.85	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B2	Female	840	840	1.45	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Male	228	360	12.60	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Female	228	360	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Pregnant	228	360	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Lactating	228	360	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Male	372	600	12.60	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Female	372	600	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Pregnant	372	600	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Lactating	372	600	9.86	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Male	612	840	15.12	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Female	612	840	11.83	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Male	840	840	16.38	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B3	Female	840	840	12.81	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Male	228	360	3.31	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Female	228	360	2.59	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Pregnant	228	360	2.59	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Lactating	228	360	2.59	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Male	372	600	3.31	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Female	372	600	2.59	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Vitamin B5	Pregnant	372	600	2.59	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation

Collagen	Female	168	216	5940.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Pregnant	168	216	5940.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Lactating	168	216	5940.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Male	228	360	6900.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Female	228	360	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Pregnant	228	360	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Lactating	228	360	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Male	372	600	6900.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Female	372	600	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Pregnant	372	600	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Lactating	372	600	5400.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Male	612	840	6210.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Female	612	840	4860.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Male	840	840	5865.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Collagen	Female	840	840	4590.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	0	6	258.75	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	0	6	202.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	7	12	362.25	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	7	12	283.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	12	36	517.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	12	36	405.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	48	96	776.25	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	48	96	607.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	108	156	931.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	108	156	729.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	168	216	1138.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	168	216	891.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Pregnant	168	216	891.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Lactating	168	216	891.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	228	360	1035.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	228	360	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Pregnant	228	360	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Lactating	228	360	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	372	600	1035.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	372	600	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Pregnant	372	600	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Lactating	372	600	810.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	612	840	931.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	612	840	729.00	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Male	840	840	879.75	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation
Glucosamine	Female	840	840	688.50	mg	Amateur AI calculation	Cognisa Ltd		Amateur calculation