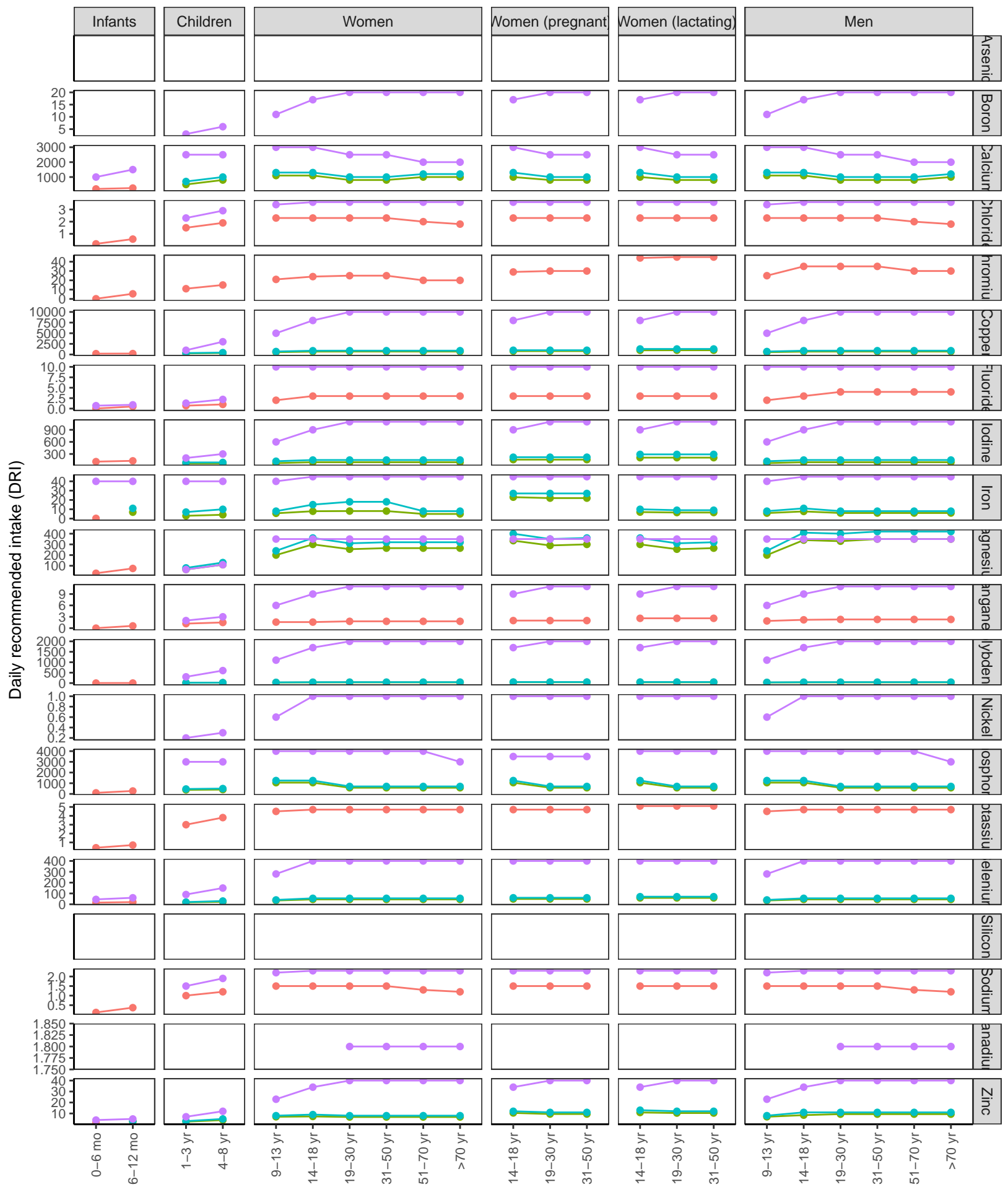


Element



— Adequate Intake (AI)
 — Estimated Average Requirement (EAR)
 — Recommended Dietary Allowance (RDA)
 — Tolerable Upper Intake Level (UL)