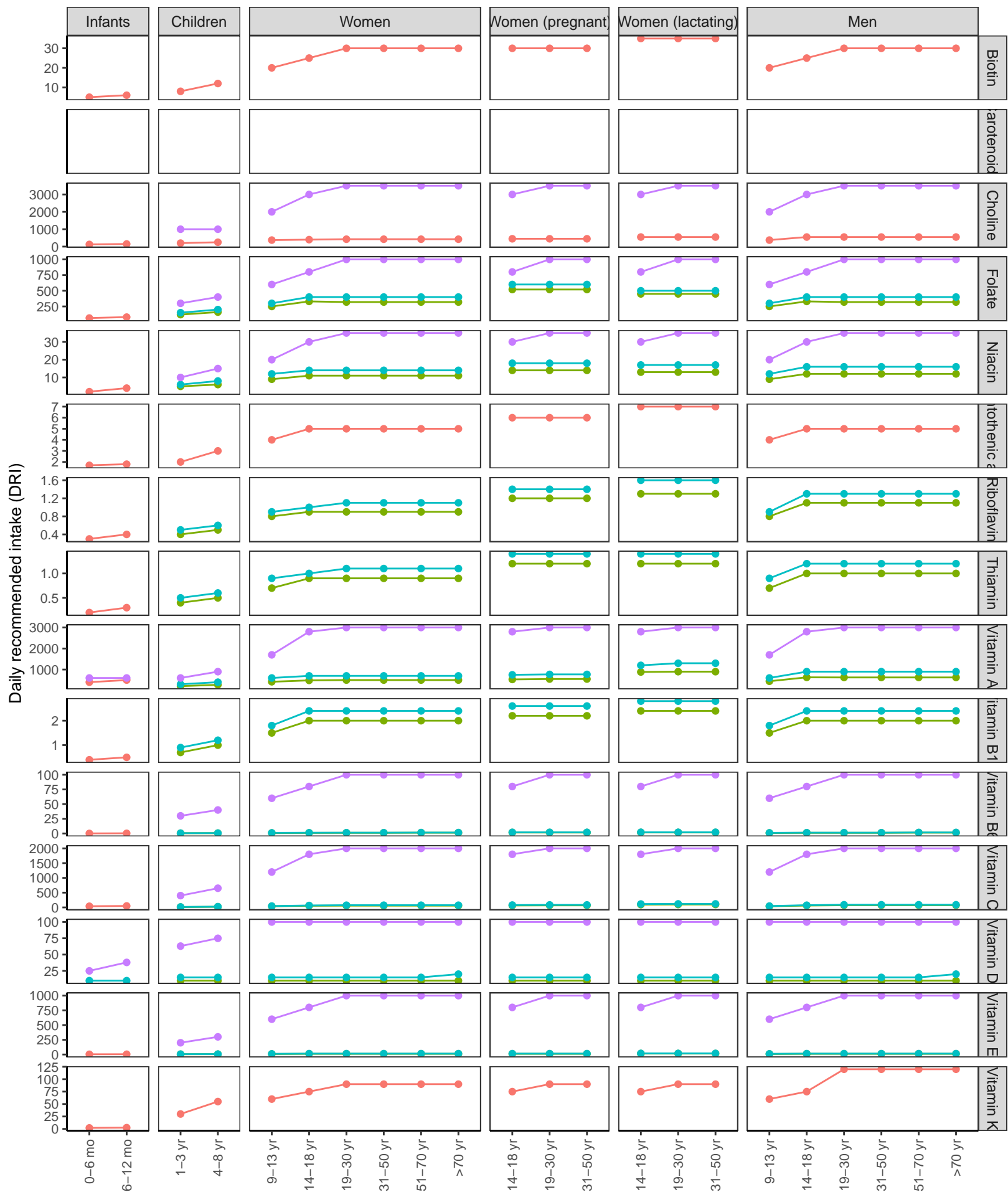


Vitamin



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