

Nutrient Unit Conversion Factors

This table provides nutrient conversions from Daily Value (DV) units currently found on the Supplement Facts panel regulations and the National Academies of Sciences, Engineering and Medicine's Food and Nutrition Board (FNB) present are specialized conversions where some nutrients may have different conversions that are dependent on calculator feature of the DSLDD so that nutrient amounts currently found on labels using the “old” units can be more specific target group.

The units found under the DRI Equivalent Units column will now appear on dietary supplement labels that comply conversions can also be used to convert and compare amounts found on the “old” labels with those on the “new”

Nutrient		Daily Value Units
Vitamins		
Vitamin A	1 International Unit (IU)	= 0.3 Microgram (µg) as retinol activity
		= 0.15 Microgram (µg) as retinol activity
Vitamin D	1 International Unit (IU)	= 0.025 Microgram (µg) for cholecalciferol
Vitamin E	1 International Unit (IU)	= 0.67 Milligram (mg) for d-alpha-tocopherol
		= 0.45 Milligram (mg) for dl-alpha-tocopherol
Niacin	1 Milligram (mg) as Niacin Equivalent (NE)	= 60 Milligram (mg) of tryptophan
Folate	1 Microgram (µg) folic acid (taken on an empty stomach)	= 2 Microgram (µg) in Dietary Folate Equivalent
	1 Microgram (µg) folic acid (taken with food)	= 1.7 Microgram (µg) in Dietary Folate Equivalent

1. If the DV units are equivalent to the unit used by the DRI then the nutrient does not appear in the table.

Sources:

<http://www.nationalacademies.org/hmd/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>

<https://ods.od.nih.gov/factsheets/Vitamina-HealthProfessional/#h2>

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