

# REVISED UNITS OF MEASURE

The chart below provides conversion factors and a quick reference to compare previous and updated equivalent values.

	Previous Value	Updated Equivalent
Vitamin A/ Beta-carotene	<b>To convert from IU of vitamin A or beta-carotene to mcg RAE (Retinol Activity Equivalents), multiply by 0.3</b>	
	3,000 IU	900 mcg
	5,000 IU	1,500 mcg
	10,000 IU	3,000 mcg
	15,000 IU	4,500 mcg
Vitamin E	<b>To convert from IU of vitamin E to mg of d-alpha tocopherol, multiply by 0.67</b>	
	400 IU	268 mg
	800 IU	536 mg
Vitamin D <sub>3</sub>	<b>To convert from IU of vitamin D<sub>3</sub> to mcg of vitamin D<sub>3</sub>, multiply by 0.025</b>	
	400 IU	10 mcg
	800 IU	20 mcg
	1,000 IU	25 mcg
	2,000 IU	50 mcg
	5,000 IU	125 mcg
	10,000 IU	250 mcg
Folate	<b>To convert from mcg to mcg DFE (Dietary Folate Equivalents), divide by 0.6. This conversion applies to both folic acid and 5-MTHF.</b>	
	400 mcg	667 mcg DFE
	800 mcg	1,333 mcg DFE



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# DIETARY SUPPLEMENT LABEL EASY REFERENCE GUIDE

Revised Daily Values for Adults and Children >4 years

	Previous DV	Updated DV
Total Fat	65 g	78 g
Saturated Fat	20 g	20 g
Added Sugars	N/A	50 g
Cholesterol	300 mg	300 mg
Sodium	2,400 mg	2,300 mg
Potassium	3,500 mg	4,700 mg
Total Carbohydrate	300 g	275 g
Dietary Fiber	25 g	28 g
Protein	50 g	50 g
Vitamin A*	5,000 IU	900 mcg (3,000 IU)
Vitamin C	60 mg	90 mg
Calcium	1,000 mg	1,300 mg
Iron	18 mg	18 mg
Vitamin D*	400 IU	20 mcg (800 IU)
Vitamin E*	30 IU	15 mg (22.4 IU)
Vitamin K	80 mcg	120 mcg
Thiamin	1.5 mg	1.2 mg
Riboflavin	1.7 mg	1.3 mg
Niacin	20 mg	16 mg
Vitamin B <sub>6</sub>	2 mg	1.7 mg
Folate*	400 mcg	400 mcg DFE (240 mcg)
Vitamin B <sub>12</sub>	6 mcg	2.4 mcg
Biotin	300 mcg	30 mcg
Pantothenic acid	10 mg	5 mg
Phosphorus	1,000 mg	1,250 mg
Iodine	150 mcg	150 mcg
Magnesium	400 mg	420 mg
Zinc	15 mg	11 mg
Selenium	70 mcg	55 mcg
Copper	2 mg	0.9 mg
Manganese	2 mg	2.3 mg
Chromium	120 mcg	35 mcg
Molybdenum	75 mcg	45 mcg
Chloride	3,400 mg	2,300 mg
Choline	N/A	550 mg

\*Denotes nutrients with both a DV change AND a Unit of Measure change. See reverse for Units of Measure conversion guide.



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