



NRC Nutritional Requirements | Amount Per MW | Obtained From a Variety of Free Internet Sources<sup>1</sup>

<b>NUTRIENT</b>	<b>MINIMUM REQUIREMENT (MR)</b>	<b>RECOMMENDED ALLOWANCE (RA)</b>	
<b>Total Protein (g)</b>	2.62	3.28	
<b>Amino Acids</b>			
<b>Tryptophan (g)</b>	0.036	0.046	
<b>Threonine (g)</b>	0.11	0.14	
<b>Isoleucine (g)</b>	0.098	0.12	
<b>Lysine (g)</b>	0.092	0.11	
<b>Methionine (g)</b>	0.085	0.11	
<b>Methionine &amp; Cysteine (g)</b>	0.17	0.21	
<b>Phenylalanine (g)</b>	0.12	0.15	
<b>Phenylalanine &amp; Tyrosine (g)</b>	0.19	0.24	The quantity of tyrosine required to maximise black hair color could be about 150%-200% of this quantity
<b>Valine (g)</b>	0.13	0.16	
<b>Arginine (g)</b>	0.092	0.11	0.01g arginine should be added for every gram of total protein above 80 g (MR) and 100g (RA)
<b>Histidine (g)</b>	0.048	0.062	
<b>Leucine (g)</b>	0.18	0.22	

<sup>1</sup> Understanding nutritional requirements is only a small piece of the puzzle.

## Fat

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<b>NUTRIENT</b>	<b>Adequate Requirement (AR)</b>	<b>Recommended Allowance (RA)</b>	<b>Safe Upper Limit (SUL)</b>	
<b>Total Fat (g)</b>	1.3	1.8	10.8	
<b>Linoleic Acid (g)</b>	0.3	0.36	2.1	18:2
<b>Alpha-Linoleic Acid (g)</b>	0.012	0.014		
<b>Eicosapentaenoic + Docosahexaenoic Acid (g)</b>	0.03	0.03		EPA should be 50-60% and DHA 40-50% of n-3 fatty acids.

## MINERALS

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<b>NUTRIENT</b>	<b>Adequate Requirement (AR)</b>	<b>Recommended Allowance (RA)</b>	<b>Safe Upper Limit (SUL)</b>	
<b>Calcium (g)</b>	0.059	0.13		
<b>Iron (mg)</b>	1.0*	1.0		
<b>Magnesium (mg)</b>	5.91	19.7		
<b>Phosphorus (g)</b>	0.1	0.1		
<b>Potassium (g)</b>	0.14	0.14		
<b>Sodium (mg)</b>	9.85	26.2		
<b>Zinc (mg)</b>	2.0	2.0		
<b>Copper (mg)</b>	0.2	0.2		
<b>Manganese (mg)</b>	0.16	0.16		
<b>Selenium (mcg)</b>	11.8	11.8		
<b>Chloride (mg)</b>	40	40		
<b>Iodine (mcg)</b>	23.6	29.6		

## VITAMINS

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<b>NUTRIENT</b>	<b>Minimal Requirement (MR) / Adequate Requirement (AR)</b>	<b>Recommended Allowance (RA)</b>	<b>Safe Upper Limit (SUL)</b>	
<b>Vitamin A (RE)</b>	40	50	2099	
<b>Cholecalciferol (mcg)</b>	0.36	0.45	2.6	
<b>Vitamin E (mg)</b>	0.8	1.0		Increases With PUFA
<b>Vitamin K (mg)</b>	0.043	0.054		Dietary Need Dependent on Health
<b>B1 Thiamin (mg)</b>	0.059	0.074		
<b>B2 Riboflavin (mg)</b>	0.138	0.171		
<b>B3 Niacin (mg)</b>	0.45	0.57		
<b>B6 Pyridoxine (mg)</b>	0.04	0.049		
<b>Folic Acid (mcg)</b>	7.1	8.9		
<b>B12 Cobalamin (mcg)</b>	0.92	1.15		
<b>B5 Pantothenic Acid (mg)</b>	0.39	0.49		
<b>Choline (mg)</b>	45	56		