

MINERAL REQUIREMENTS
NS 623
8/31/10

<u>ELEMENT</u>	HUMAN	<u>Human Male Regs</u>		<u>Human Female Regs</u>		<u>Rats</u>	<u>Swine</u>	<u>Chickens</u>	<u>_____</u>
	<u>BODYCONT.</u>	<u>Amt.</u>	<u>ug/g diet¹</u>	<u>Amt.</u>	<u>ug/g diet¹</u>	<u>ug/g diet</u>	<u>ug/g diet</u>	<u>ug/g diet</u>	<u>ug/g diet</u>
Calcium	1200 g								
Phosphorus	700 g								
Potassium	140 g								
Sulfur	175 g								
Sodium	105 g								
Chloride	105 g								
Magnesium	35 g								
Silicon	3500 mg								
Iron	3000 mg								
Zinc	2000 mg								
Fluoride	850 mg								
Copper	80 mg								
Iodine	15-20 mg								
Manganese 12-	20 mg								
Tin	9-70 mg								
Selenium	7-42 mg								
Molybdenum	2-50 mg								
Cobalt	1.1 mg								
Chromium	1 mg								
Nickel	1 mg								
Vanadium	1 mg								
Tungsten	?								
Arsenic	?								
Boron	?								
Cadmium	?								

¹Assume adult human males consume 526 g/d and and females consume 414 g/d