



## MePiA & MePA Recommended Daily Intake

*Estimated daily intake of Dr. Aardsma's Anti-Aging Vitamins dietary supplement rounded to the nearest drop.*

<b>Category</b>	<b>Male</b>	<b>Female</b>
<b>Age, years</b>		
0-3	0	0
4-8	3	3
9-13	5	4
14-18	7	5
19 and older	8	6
<b>Reproductive Status</b>		
Pregnant		6
Breast-feeding		8

*This information is given to help individuals desiring to take Dr. Aardsma's Anti-Aging Vitamins make an informed decision regarding what amount to consume. This is not meant to be a definitive guide, nor is it intended to supplant the advice of a medical or nutritional professional.*