



Dr. Aardsma's Vitamins Recommended Daily Intake

Table 1. Estimated daily intake of Dr. Aardsma's Anti-Aging Vitamins dietary supplement rounded to the nearest drop.

	<i>Male</i>	<i>Female</i>
Age, years		
0-3	See Table 2	See Table 2
4-8	4	4
9-13	5	5
14-18	7	5
19 and older	8	6
Reproductive Status		
Pregnant		7
Breast-feeding		8

Table 2. For infants and toddlers: estimated daily intake of Dr. Aardsma's Anti-Aging Vitamins dietary supplement rounded to the nearest drop.

Breastfeeding

Age	Is Mom supplementing with the anti-aging vitamins?	
	Yes	No
0-12 mos.	0	2
1-3 years	0	4

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.