INFORMATION DOCUMENT

DERIVATION OF NUTRIENT REFERENCE VALUES- REQUIREMENTS (NRVs-R) FOR LABELLING PURPOSES IN THE *GUIDELINES ON NUTRITION LABELLING* (CXG 2-1985)

Nutrient	NRV-R	INL_{98}, AI, or both	RASB source documents for derivation of NRVs-R	CCNFSDU Report
Vitamins				
Vitamin A	800 µg (RAE or RE)	INL_{98}	IOM (2001)	REP 16/NFSDU, 2015
Vitamin D*	5 – 15 µg	INL_{98} and A_1	WHO/FAO (2004) IOM (2011), EFSA (2016)	REP 17/NFSDU, 2016
Vitamin C	100 mg	INL_{98}	Average EFSA (2013), NIHN (2013)	REP 15/NFSDU, 2014
Vitamin E	9 mg	AI	Nordic Council (2013), and average of EFSA (2015), NHRMC/MOH (2006) , NIHN (2013), WHO/FAO (2004)	REP 16/NFSDU, 2015 REP 17/NFSDU, 2016
Vitamin K	60 µg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Thiamin	1.2 mg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Riboflavin	1.2 mg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Niacin	15 mg NE	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Vitamin B_6	1.3 mg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Folate	400 µg DFE	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Vitamin B_{12}	2.4 µg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Pantothenate	5 mg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Biotin	30 µg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Minerals				
Calcium	1,000 mg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Magnesium	310 mg	INL_{98}	Average IOM (1997), NIHN (2013), WHO/FAO (2004), Nordic Council (2013)	REP 16/NFSDU, 2015
Iron	14 mg, 22 mg	INL_{98}	WHO/FAO (2004)	REP 16/NFSDU, 2015
Zinc	11 mg, 14 mg	INL_{98}	iZiNCG (2004)	REP 15/NFSDU, 2014[1]
Iodine	150 µg	INL_{98}	WHO/FAO (2004)	REP 13/NFSDU, 2012
Copper	900 µg	INL_{98}	IOM (2001)	REP 16/NFSDU, 2015
Selenium	60 µg	INL_{98} and AI	Average IOM (2000), NHMRC/MOH (2006), EFSA (2014), NIHN (2013), Nordic Council (2013)	REP 15/NFSDU, 2014
Manganese	3 mg	AI	Average EFSA (2013), IOM (2001)	REP 15/NFSDU, 2014
Molybdenum	45 µg	INL_{98}	IOM (2001)	REP 15/NFSDU, 2014
Phosphorus	700 mg	INL_{98}	IOM (1997)	REP 16/NFSDU, 2015
Other				
Protein	50 g	INL_{98}	WHO/FAO (2007)	REP 14/NFSDU, 2013
Fluoride	Not established			REP 15/NFSDU, 2014
Chromium	Not established			REP 16/NFSDU, 2015
Chloride	Not established			REP 16/NFSDU, 2015

[1] Also footnote and dietary description

* The value of 15 µg is based on minimal sunlight exposure throughout the year. Competent national and/or regional authorities should determine an appropriate NRV-R that best accounts for population sunlight exposure and other relevant factors

ABBREVIATIONS

NRV-R: Nutrient Reference Values – Requirements
INL_{98}: Individual Nutrient Level 98
AI: Adequate Intake
RASB: Recognized Authoritative Scientific Body