

Document for checking of quantity of vitamins or minerals

Name of products..... Category.....

Dried / Concentrated >>> weight.....g per time

Liquid >>> weight of product in liquid form = g per time

Consuming quantity =times per day

nutrients	Form of nutrient	Active ingredient (%)	Content in formula (%)	Consuming quantity			Thai RDI	Maximum allowance quantity according to Nutrification per day	Allowance quantity only for caffeinated beverages per day	evaluation	
				1 time	2 times	3 times				Passed	Failed
Vitamin A							800 mcg.RE (2664 IU)	1200 mcg.RE (150%) (3996 IU)	Not more than 1200 mcg.RE		
Vitamin B1							1.5 mg.	3 mg. (200%)	Not more than 20 mg.		
Vitamin B2							1.7 mg.	3.4 mg. (200%)	Not more than 7.5 mg.		
Niacin							20 mg. NE	40 mg. NE (200%)	Not more than 40 mg NE		
Vitamin B6							2 mg.	4 mg. (200%)	Not more than 7.5 mg.		
Folate							200 mcg.	400 mcg. (200%)	Not more than 400 mcg.		
Biotin							150 mcg.	300 mcg. (200%)	Not more than 300 mcg.		
Pantothenic Acid							6 mg.	12 mg. (200%)	Not more than 12 mg.		
Vitamin B12							2 mcg.	4 mcg. (200%)	Not more than 20 mcg.		
Vitamin C							60 mg.	120 mg (200%)	Not more than 120 mg.		
Vitamin D							5 mcg. (200 IU)	7.5 mcg. (150%) (300 IU)	Not more than 7.5 mcg.		
Vitamin E							10 mg. alpha-TE (15 IU)	15 mg. alpha-TE (150%) (22.5 IU)	Not more than 15 mg. alpha-TE		
Vitamin K							80 mcg.	120 mcg. (150%)	Not more than 120 mcg.		
Calcium							800 mg.	1200 mg. (150%)	Not more than 1200 mg.		
Phosphorus							800 mg.	1200 mg. (150%)	Not more than 1200 mg.		
Iron							15 mg.	18 mg. (120%)	Not more than 18 mg.		
Magnesium							350 mg.	525 mg. (150%)	Not more than 525 mg.		
Zinc							15 mg.	18 mg. (120%)	Not more than 18 mg.		
Copper							2 mg.	3 mg. (150%)	Not more than 3 mg.		
Potassium							3500 mg.	5250 mg. (150%)	Not more than 5250 mg.		
Sodium							2400 mg.	2400 mg. (100%)	Not more than 2400 mg.		
Manganese							3.5 mg.	5.25 mg. (150%)	Not more than 5.25 mg.		
Selenium							70 mcg.	105 mcg. (150%)	Not more than 105 mcg.		
Molybdenum							160 mcg.	240 mcg. (150%)	Not more than 240 mcg.		
Chromium							130 mcg.	195 mcg. (150%)	Not more than 195 mcg.		
Chloride							3400 mg.	5100 mg. (150%)	Not more than 5100 mg.		
Nicotinamide							-	-	10-38 mg.		
Inositol							-	-	25-75 mg.		
Glucuronolactone							-	-	0.2-0.9 g.		
Taurine							-	-	0.13-1.5 g.		

Remark: 1. Example of nutrient form such as a nutrient form of Vitamin A is Vitamin A Palmitate

2. In case of Iodine and fluoride, they shall be approved by the FDA

<p><u>For business operator</u> Sign.....evaluator (.....) D/M/Y</p>	<p><u>Evaluation result</u> <input type="checkbox"/> Passed <input type="checkbox"/> Failed</p>
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