

Recommended Dietary Allowance (RDA) for Vitamin C

Life Stage	Age	Males (mg/ day)	Females (mg/ day)
Infants	0-6 months	40 (AI)	40 (AI)
Infants	7-12 months	50 (AI)	50 (AI)
Children	1-3 years	15	15
Children	4-8 years	25	25
Children	9-13 years	45	45
Adolescents	14-18 years	75	65
Adults	19 years and older	90	75
Smokers	19 years and older	125	110
Pregnancy	18 years and younger	-	80
Pregnancy	19-years and older	-	85
Breastfeeding	18 years and younger	-	115
Breastfeeding	19 years and older	-	120