

Annex A - Review of the guidance levels for fortificants in the bread and flour regulations (BFR)

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Table A7. Online sources for calcium supplement data.

Supplement	Calcium dosage per day (mg)	Link	Notes
Calcium & Magnesium Tablets MYPROTEIN™	800	Calcium & Magnesium Tablets MYPROTEIN™	3 tablets per day.
Osteocare Original	800	Osteocare® Original Bone Health Tablets Vitabiotics	2 tablets per day The UK's No.1 calcium formula for women and men of all ages.
Numark Chewable Calcium & Vitamin D - 30 x 400mg Tablets.	800	Numark Chewable Calcium & Vitamin D - 30 x 400mg Tablets Chemist 4 U (chemist-4-u.com)	1 tablet per day Numark Vitamin D and Calcium Tablets are not suitable for children under the age of 12.
OsteoGuard®, High Strength Calcium and Magnesium Formula.	1000	Osteoguard® Calcium & Magnesium Tablets Nature's Best (naturesbest.co.uk)	1-2 tablets per day This product is suitable for all adults.
Natures Aid Chewable Calcium with Vitamin D - 60 Tablets.	800	Natures Aid Chewable Calcium with Vitamin D - 60 Tablets bodykind	1-2 tablets per day.
Calcium + Vitamin D3 + Vitamin K1 Capsules 1000 mg.	200	Calcium + Vitamin D3 + Vitamin K1 Supplement Bulk™	1 tablet per day.

Super Calcium	780	Super Calcium Higher Nature	1-3 tablets per day.
Nature's Bounty, Calcium Plus Vitamin D3, 600 mg, 220 Rapid Release Softgels.	1200	Nature's Bounty, Calcium Plus Vitamin D3, 600 mg, 220 Rapid Release Softgels (iherb.com)	2 per day For adults, take two (2) softgels daily, preferably with meals.
Alive! Calcium Gummies with Vitamin D3 60 Chewable Gummies Specially Formulated for Adults and Children From 3 Years.	500	Alive! Calcium Gummies with Vitamin D3 60 Chewable Gummies Specially Formulated for Adults and Children From 3 Years. : Amazon.co.uk: Health & Personal Care	2 soft gels per day 13+ years.
Range: 200-1200, Supplement	Calcium dosage per day (mg)	Link	Notes
Children's Chewable Multivitamins Nature's Best (naturesbest.co.uk).	80	Children's Chewable Multivitamins Nature's Best (naturesbest.co.uk)	No data.
CALCI-YUMMIES	150	Calci-YUMMies 1st Phorm	Children 2+ years take 1 gummy per day.
Lil Critters Calcium Gummy Bears with Vitamin D-200 Bears.	200	Lil Critters Calcium Gummy Bears with Vitamin D-200 Bears : Amazon.co.uk: Health & Personal Care	children aged 3+ advised to take 2 gummies.

NaturesPlus Animal Parade Source of Life Calcium Children's Chewable - Natural Vanilla Sundae Flavour - 90 Chewable Animal Shaped Tablets - Gluten Free - 90 Servings: Amazon.co.uk: Health & Personal Care.	250	NaturesPlus Animal Parade Source of Life Calcium Children's Chewable - Natural Vanilla Sundae Flavour - 90 Chewable Animal Shaped Tablets - Gluten Free - 90 Servings : Amazon.co.uk: Health & Personal Care	2+ years 2 gummies per day.
Wellkid Calcium Liquid	300-450	Wellkid® Calcium Liquid By Vitabiotics Vitamins For Kids	10ml (300mg) children aged 4-6 years and 15 ml (450 mg) for children aged 7-12 years.
Calcium and Vitamin D softies 30.	280	Haliborange Kids Calcium and Vitamin D softies 30 : Amazon.co.uk: Health & Personal Care	1-2 softies per day Recommended for children.
Alive! Calcium Gummies with Vitamin D3 60 Chewable Gummies Specially Formulated for Adults and Children From 3 Years.	250	Alive! Calcium Gummies with Vitamin D3 60 Chewable Gummies Specially Formulated for Adults and Children From 3 Years. : Amazon.co.uk: Health & Personal Care	1 soft gel per day for children aged 3-12 years.
Solgar Kangavites Tropical Vitamins for Children - 120 Chewables.	128	Solgar Kangavites Tropical Vitamins for Children - 120 Chewables bodykind	Children 3-5 years 1 tablet per day children 6+ years 2 per day.

Table A8. Online sources for iron supplement data.

Supplement	Iron dosage per day (mg)	Link	Notes
Sainsbury's Health Multivitamins & Iron Tablets 1 a Day x60.	14	Sainsbury's Health Multivitamins & Iron Tablets 1 a Day x60 Sainsbury's (sainsburys.co.uk)	1 tablet per day.
Feroglobin Capsules	17	Feroglobin® Capsules Iron Supplement Vitabiotics	Iron (as fumerate) 1 tablet per day.
Ultra Iron	14	Ultra Iron Iron Tablets Vitabiotics	1 tablet per day.
Holland & Barrett Gentle Iron 20mg 90 Capsules.	20	Holland & Barrett Gentle Iron 20mg 90 Capsules : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Iron Complex 90 Capsules	14	Iron Complex 90 Capsules BioCare	1 tablet per day.
Iron & Folic Acid Tablets	14	Iron & Folic Acid Tablets MYPROTEIN™	1 tablet per day.
Nature's Bounty Gentle Iron Complex with Vitamins B12 and C Capsules x100.	17	Nature's Bounty Gentle Iron Complex with Vitamins B12 and C Capsules x100 Sainsbury's (sainsburys.co.uk)	Iron (as Ferrous Bisglycinate) 1 tablet per day.

Solgar® Gentle Iron (Iron Bisglycinate) 20 mg Vegetable Capsules - Pack of 90.	20	Solgar® Gentle Iron (Iron Bisglycinate) 20 mg Vegetable Capsules - Pack of 90 : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Iron 14 mg	28	Iron Tablets 14mg Simply Supplements	1-2 tablet per day.
Iron (Ferrous Bisglycinate) Capsules (K-Pure®) 20 mg.	20	Iron Capsules (K-Pure) Ferrous Bisglycinate Bulk™	1 tablet per day.
Nature's Bounty, Gentle Iron, 28 mg, 90 Capsules.	28	Nature's Bounty, Gentle Iron, 28 mg, 90 Capsules (iherb.com)	1 tablet per day.

Range 14-28: Supplement	Iron dosage per day (mg)	Link	Notes
Holland and Barrett Kids Multivits & Iron Tablets Holland & Barrett.	7.5	Holland and Barrett Kids Multivits & Iron Tablets Holland & Barrett	No data.
Tasty Chews, A Chewable Multivitamin and Mineral for Children 4-14 years.	2.8	Children's Chewable Multivitamins Nature's Best (naturesbest.co.uk)	No data.

Wellkid Smart Chewable	7	Wellkid® Smart Chewable By Vitabiotics Vitamins For Kids	1 tablet per day children aged 4-12 years.
Solgar Kangavites Tropical Vitamins for Children - 120 Chewables.	5	Solgar Kangavites Tropical Vitamins for Children - 120 Chewables bodykind	Children 3-5 years 1 tablet per day children 6+ years 2 per day.

Table A9. Online sources for Niacin supplement data.

Supplement	Niacin dosage per day (mg)	Link	Notes
Vitamin B3 Niacin/Nicotinic Acid (Flush Effect) 50mg, Magnesium Stearate Free 50 & No Nasty Additives, Made in Wales ... (180 Capsules).		Vitamin B3 Niacin/Nicotinic Acid (Flush Effect) 50mg, Magnesium Stearate Free & No Nasty Additives, Made in Wales ... (180 Capsules) : Amazon.co.uk: Health & Personal Care	1 tablet per day.
NOW Foods, Niacin, 500 mg, 250 Tablets.	500	NOW Foods, Niacin, 500 mg, 250 Tablets (iherb.com)	1 tablet per day.
Solgar Niacin (Vitamin B3) 500 Mg Vegetable Capsules - Pack Of 100.	500	Solgar Niacin (Vitamin B3) 500 mg Vegetable Capsules - Pack of 100 - Your Health Store (healthstoreexpress.co.uk)	1 tablet per day.
Solgar Niacin 100mg Tablets 100.	100	Solgar Niacin 100mg Tablets 100 Landys Chemist	1 tablet per day.

Swanson Niacin, 100mg - 250 tablets.	100	Swanson Niacin, 100mg - 250 tablets (lifestylehealthstore.co.uk)	1 tablet per day.
Niacin, 100 mg, 300 Tablet.	100	Niacin, 100 mg, 300 Tablets PipingRock Health Products	1 tablet per day.
Niacin, 1000 mg, 100 Quick Release Capsules, 2 Bottles.	1000	Niacin 1000 mg 2 x 100 Capsules Niacin 1000 Tablets PipingRock Health Products	1 tablet per day.
Vitamin B3 250mg (Niacin), Contributes to the Normal Function of The Nervous System.	250	Vitamin B3 & Niacin Tablets Nature's Best (naturesbest.co.uk)	1 tablet per day.
Source Naturals, Niacin, 100 mg, 250 Tablets.	100	Source Naturals, Niacin, 100 mg, 250 Tablets (iherb.com)	1 tablet per day.
Nature's Way, Niacin, Vitamin B3, 100 mg, 100 Capsules.	100	Nature's Way, Niacin, Vitamin B3, 100 mg, 100 Capsules (iherb.com)	1 tablet per day.

Range 50-1000: Supplement	Niacin dosage per day (mg)	Link	Notes
Holland and Barrett Kids Multivits & Iron Tablets Holland & Barrett.	13.5	Holland and Barrett Kids Multivits & Iron Tablets Holland & Barrett	1 tablet per day suitbale for 4+ years.

Children's Chewable Multivitamins Nature's Best (naturesbest.co.uk).	9	Children's Chewable Multivitamins Nature's Best (naturesbest.co.uk)	No data.
Wellkid Peppa Pig Multivits.	4.8	Wellkid® Peppa Pig Multivitamins By Vitabiotics	2 jellies per day children 3+ NE.
Wellkid Smart Chewable	9	Wellkid® Smart Chewable By Vitabiotics Vitamins For Kids	1 tablet per day children aged 4-12 years.
Kids Multivitamin Gummies	8.2	Kids Multivitamin Gummies MYPROTEIN™	1 gummy per day
Solgar Kangavites Tropical Vitamins for Children - 120 Chewables.	20	Solgar Kangavites Tropical Vitamins for Children - 120 Chewables bodykind	Children 3-5 years 1 tablet per day children 6+ years 2 per day.

Table A10. Online sources for thiamin supplement data.

Supplement	Thiamin dosage per day (mg)	Link	Notes
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Solgar Vitamin B1 (Thiamin) 500 mg Tablets - Pack of 100 - Supports Energy Metabolism and Nervous System - Vegan.	500	Solgar Vitamin B1 (Thiamin) 500 mg Tablets - Pack of 100 - Supports Energy Metabolism and Nervous System - Vegan : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Natures Aid Vitamin B1 Thiamin - 90 x 100 mg Tablets.	100	Natures Aid Vitamin B1 Thiamin - 90 x 100mg Tablets bodykind	1 tablet per day.
Vitamed Thiamine 100 mg 100 Tablets.	107	Vitamed Thiamine 100mg 100 Tablets : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Vitamin B1 100 mg (Thiamin) 180 Tablets Suitable for Vegans and Vegetarians Made in UK by Futurevits 6 Month Supply, Premium Grade only.	100	Vitamin B1 100mg (Thiamin) 180 Tablets Suitable for Vegans and Vegetarians Made in UK by Futurevits 6 Month Supply, Premium Grade only. : Amazon.co.uk: Health & Personal Care	1 tablet per day.
B-1 (Thiamin), 100 mg, 250 Tablets PipingRock Health Products.	100	B-1 (Thiamin), 100 mg, 250 Tablets PipingRock Health Products	1 tablet per day.
HealthAid Vitamin B1 (Thiamin) 100mg - Prolong Release - 90 Tablets.	100	HealthAid Vitamin B1 (Thiamin) 100mg - Prolong Release - 90 Tablets : Amazon.co.uk: Health & Personal Care	1 tablet per day.

Source Naturals, B-1, Thiamin, 100 mg, 100 Tablets.	100	Source Naturals, B-1, Thiamin, 100 mg, 100 Tablets (iherb.com)	1 tablet per day.
Holland & Barrett Vitamin B1 + Thiamine 100 mg 120 Tablets.		Holland & Barrett Vitamin B1 + Thiamine 100mg 120 Tablets Holland & Barrett (hollandandbarrett.com)	1 tablet per day.
Lindens Vitamin B1 Thiamine Tablets - 100 Pack - for Heart, Immune and Psychological Function & Energy Release - UK Manufacturer, Letterbox Friendly.	100	Lindens Vitamin B1 Thiamine Tablets - 100 Pack - for Heart, Immune and Psychological Function & Energy Release - UK Manufacturer, Letterbox Friendly : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Vitamin B1 (Thiamin) 100 mg 180 Vegan Tablets.	100	Vitamin B1 (Thiamin) 100mg 180 Vegan Tablets : Amazon.co.uk: Health & Personal Care	1 tablet per day.

Range 100-500 Supplement	Thiamin dosage per day (mg)	Link	Notes
Wellkid Peppa Pig Multi-vits	0.7	Wellkid® Peppa Pig Multi Vitamins By Vitabiotics	2 jellies per day children 3+.

Wellkid Smart Chewable	0.9	Wellkid® Smart Chewable By Vitabiotics Vitamins For Kids	1 tablet per day children aged 4-12 years.
Centrum Kids Multivitamins & Minerals, 30 Tablets.	0.5	Centrum Kids Multivitamins & Minerals, 30 Tablets : Amazon.co.uk: Health & Personal Care	No data.
[New] Creekside Naturals Mighty Eyes, Eye Vitamin and Mineral Supplement for Children with Lutein, Zeaxanthin, Thiamine, and Zinc, Vegan, Zero Sugar, 30 Soft Chewables.	5	[New] Creekside Naturals Mighty Eyes, Eye Vitamin and Mineral Supplement for Children with Lutein, Zeaxanthin, Thiamine, and Zinc, Vegan, Zero Sugar, 30 Soft Chewables : Amazon.co.uk: Health & Personal Care	1 tablet per day.
Solgar Kangavites Tropical Vitamins for Children - 120 Chewables.	1.5	Solgar Kangavites Tropical Vitamins for Children - 120 Chewables bodykind	Children 3-5 years 1 tablet per day children 6+ years 2 per day.

Table A1: A selection of food groups containing foods with non-wholemeal wheat flour.

Food group	Number of foods assessed in the group
Biscuits (manufactured/retail)	105

Brown, granary and wheatgerm bread	25
Buns cakes and pastries (homemade)	118
Buns cakes and pastries (manufactured)	103
Burgers and kebabs purchased	24
Fruit pies (homemade)	20
Manufactured coated chicken/turkey products	34
Meat pies and pastries (homemade)	39
Meat pies and pastries (manufactured)	38
Other breakfast cereals (not high fibre)	24
Other cereal-based puddings (homemade)	40
Other cereals	41
Other manufactured vegetable products (including ready meals)	21
Other sausages (including homemade dishes)	30
Pasta (manufactured products and ready meals)	26
Savoury sauces pickles gravies & condiments	31

White bread (not high fibre, not multiseed bread)	56
White fish coated or fried	112

Table A2: All food groups from the NDNS used to estimate the intake of nutrients from the entire diet.

Food group	Number of foods assessed in the group
1% Milk (60R)	5
Alcoholic soft drinks (Alcopops) (49E)	4
Apples and pears not canned (40A)	27
Artificial sweeteners (55R)	11
Baked beans (37C)	8
Bananas (40C)	5
Beans and pulses (including ready meal & homemade dishes) (37I)	72
Beers and lagers (49A)	29
Beverages dry weight (50A)	44
Biscuits (homemade) (7B)	15

Biscuits (manufactured/retail) (7A)	153
Block margarine (20A)	2
Bottled water still or carbonated (51D)	11
Brown, granary and wheatgerm bread (59R)	42
Buns cakes and pastries (homemade) (8E)	132
Buns cakes and pastries (manufactured) (8D)	113
Burgers and kebabs purchased (29R)	31
Butter (17R)	6
Calcium only or with vitamin D (54F)	17
Canned fruit in juice (40D)	24
Canned fruit in syrup (40E)	41
Carrots (raw) (36A)	4
Carrots not raw (37E)	11
Cereal based milk puddings (homemade) (9D)	26
Cereal based milk puddings (manufactured) (9C)	40
Cheddar cheese (14B)	9

Chips purchased including takeaway (38A)	42
Chocolate confectionery (44R)	53
Cider and perry (49C)	7
Citrus fruit not canned (40B)	12
Cod liver oil and other fish oils (54A)	1
Cod liver oil and other fish oils (including with vitamins A,D,E) (54N)	47
Coffee (made up weight) (51A)	25
Commercial toddlers drinks (52A)	9
Commercial toddlers foods (52R)	131
Cottage cheese (14A)	5
Cream (including imitation cream) (13B)	41
Crisps and savoury snacks (42R)	43
Dairy desserts (homemade) (15D)	11
Evening primrose oil and other plant oils (54B)	18
Folic acid (54D)	2

Fortified wine (48B)	10
Fromage frais and other dairy desserts (manufactured) (15C)	51
Fruit juice (45R)	45
Fruit pies (homemade) (8C)	24
Fruit pies (manufactured) (8B)	7
Green beans not raw (37B)	8
Herbal tea (made up) (51C)	3
High fibre breakfast cereals (5R)	128
Ice cream (53R)	40
Infant formula (13A)	82
Iron only or with vitamin C (54E)	11
Leafy green vegetables not raw (37D)	28
Liqueurs (47A)	9
Liver and dishes (28R)	36
Low alcohol & alcohol-free beer & lager (49B)	9

Low alcohol & alcohol-free cider & perry (49D)	3
Low alcohol and alcohol-free wine (48C)	4
Low fat spread not polyunsaturated (19R)	7
Manufactured beef products (including ready meals) (23A)	49
Manufactured canned tuna products (including ready meals) (34G)	8
Manufactured chicken products (including ready meals) (27A) - 79 foods.	79
Manufactured coated chicken/turkey products (26A)	34
Manufactured egg products including ready meals (16C)	18
Manufactured lamb products (including ready meals) (24A)	11
Manufactured oily fish products (including ready meals) (35A)	45
Manufactured pork products (including ready meals) (25A)	9
Manufactured shellfish products (including ready meals) (34E)	17

Manufactured white fish products (including ready meals) (34C)	8
Meat alternatives (including ready meals and homemade dishes) (37K)	41
Meat pies and pastries (homemade) (31B)	39
Meat pies and pastries (manufactured) (31A)	38
Minerals (two or more including multiminerals) no vitamins (54H)	4
Multivitamins and/or minerals with omega (54P)	30
Non-nutrient supplements (including herbal) (54J)	46
Nutrition powders and drinks (50E)	62
Nuts and seeds (56R)	53
Other bacon and ham (including homemade dishes) (22B)	66
Other beef & veal (including homemade recipe dishes) (23B)	135
Other bread (4R)	17
Other breakfast cereals (not high fibre) (6R)	70

Other canned tuna (including homemade dishes) (34H)	7
Other cereal-based puddings (homemade) (9H)	58
Other cereal-based puddings (manufactured) (9G)	23
Other cereals (1R)	106
Other cheese (14R)	80
Other chicken/turkey (including homemade recipe dishes) (27B)	146
Other cooking fats and oils not polyunsaturated (20C)	28
Other eggs and egg dishes including homemade (16D) -	98
Other fried/roast potatoes (including homemade dishes) (38D) -	55
Other fruit not canned (40R)	193
Other lamb (including homemade recipe dishes) (24B)	80
Other manufactured potato products fried/baked (38C)	20
Other manufactured vegetable products (including ready meals) (37L)	49

Other meat (including homemade recipe dishes) (32B)	66
Other meat products (manufactured including ready meals) (32A)	34
Other milk (13R)	72
Other nutrient supplements (54K)	55
Other oily fish (including homemade dishes) (35B) - 71 foods.	71
Other pork (including homemade recipe dishes) (25B)	69
Other potato products and dishes (manufactured) (39A)	20
Other potatoes (including homemade dishes) (39B)	50
Other sausages (including homemade dishes) (30B)	46
Other shellfish (including homemade dishes) (34F)	45
Other vegetables (including homemade dishes) (37M)	217
Other white fish (including homemade dishes) (34D)	83

Pasta (manufactured products and ready meals) (1D)	39
Pasta (other, including homemade dishes) (1E)	36
Peas not raw (37A)	20
Pizza (1C)	12
Polyunsaturated low fat spread (19A)	10
Polyunsaturated margarine (18A)	1
Polyunsaturated oils (18B)	7
Preserves (41B)	22
Ready meals based on sausages (30A)	2
Ready meals/meal centres based on bacon and ham (22A)	3
Reduced fat spread (not polyunsaturated) (21B)	16
Reduced fat spread (polyunsaturated) (21A)	9
Rice (manufactured products and ready meals) (1F)	9
ice (other, including homemade dishes) (1G)	53
Salad and other raw vegetables (36B)	93

Savoury sauces pickles gravies & condiments (50R)	203
Semi-skimmed milk (11R)	9
Single vitamins/minerals not Folic acid, iron, calcium or vitamin C (54M)	61
Skimmed milk (12R)	11
Smoothies (61R)	10
Soft drinks low calorie carbonated (58B)	24
Soft drinks low calorie concentrated (58A)	13
Soft drinks low calorie, ready to drink, still (58C)	26
Soft drinks not low calorie carbonated (57B)	39
Soft drinks not low calorie concentrated (57A)	23
Soft drinks not low calorie, ready to drink, still (57C)	43
Soft margarine not polyunsaturated (20B)	3
Soup (homemade) (50D)	39
Soup (manufactured/retail) (50C)	48
Spirits (47B)	1

Sponge puddings (homemade) (9F)	10
Sponge puddings (manufactured) (9E)	9
Sugar (41A)	15
Sugar confectionery (43R)	54
Sweet spreads fillings and icing (41R)	23
Tap water only (51R) -	2
Tea (made up) (51B) -	9
Tomatoes not raw (37F)	14
Tomatoes raw (36C)	3
White bread (not high fibre, not multiseed bread) (2R)	58
White fish coated or fried (33R)	139
Whole milk (10R)	11
Wholemeal bread (3R)	31
Wine (48A)	16
Yogurt (15B)	82

Table A3: Calcium exposure from foods and supplements.

Age group	Category	Mean chronic exposure of calcium from food (mg/person/day)	97.5th percentile chronic exposure of calcium from food (mg/person/day)	Calcium exposure from supplements, upper range (mg/person/day)	Calcium exposure from supplements and diet (mg/person/day)
Infants (4 - 18 months)	Entire diet	680	1200	450	1100
Infants (4 - 18 months)	Current levels in flour	15	48	450	470
Infants (4 - 18 months)	Proposed levels in flour	19	61	450	470
1.5 - 3 years	Entire diet	740	1300	450	1200
1.5 - 3 years	Current levels in flour	34	78	450	490
1.5 - 3 years	Proposed levels in flour	43	99	450	490
4 - 10 years	Entire diet	760	1400	450	1200

4 - 10 years	Current levels in flour	55	110	450	510
4 - 10 years	Proposed levels in flour	71	140	450	520
11 - 18 years	Entire diet	770	1500	450	1200
11 - 18 years	Current levels in flour	68	140	450	520
11 - 18 years	Proposed levels in flour	87	180	450	540
19 - 64 years	Entire diet	810	1600	1200	2000
19 - 64 years	Current levels in flour	58	140	1200	1300
19 - 64 years	Proposed levels in flour	74	180	1200	1300
65 + years	Entire diet	820	1500	1200	2000

65 + years	Current levels in flour	49	120	1200	1200
65 + years	Proposed levels in flour	62	150	1200	1300

Table A4: Iron exposure from food and supplements.

Age group	Category	Mean chronic exposure to iron (mg/person/day)*	97.5th percentile chronic exposure to iron (mg/person/day)*	Iron exposure from supplements, upper range (mg/person/day)	Iron expo from supplem and diet (mg/pers
Infants (4 - 18 months)	Entire diet	6.8	12	7.5	14.0
Infants (4 - 18 months)	Current levels in flour	0.27	0.84	7.5	7.8
Infants (4 - 18 months)	Proposed levels in flour	0.34	1.1	7.5	7.8
1.5 - 3 years	Entire diet	6	10	7.5	14

1.5 - 3 years	Current levels in flour	0.6	1.4	7.5	8.1
1.5 - 3 years	Proposed levels	0.76	1.7	7.5	8.3
4 - 10 years	Entire diet	8.1	14	7.5	16
4 - 10 years	Current levels in flour	0.97	1.9	7.5	8.5
4 - 10 years	Proposed levels in flour	1.2	2.4	7.5	8.7
11 - 18 years	Entire diet	9.3	17	7.5	17
11 - 18 years	Current levels in flour	1.2	2.5	7.5	8.7
11 - 18 years	Proposed levels in flour	1.5	3.2	7.5	9
19 - 64 years	Entire diet	10	19	28	38

19 - 64 years	Current levels in flour	1	2.4	28	29
19 - 64 years	Proposed levels in flour	1.3	3.1	28	29
65 + years	Entire diet	9.7	17	28	38
65 + years	Current levels in flour	0.85	2.1	28	29
65 + years	Proposed levels in flour	1.1	2.6	28	29

Table A5: Exposure to niacin from food and supplements.

Age Range	Category	Mean chronic exposure to niacin (mg/person/day) *	97.5th percentile chronic exposure to niacin (mg/person/day) *	Niacin exposure from supplements, upper range (mg/person/day)	Niacin exposure from supplements and diet (mg/person/day)
Infants (4 - 18 months)	Entire diet	14	25	20	34

Infants (4 - 18 months)	Current levels in flour	0.26	0.81	20	20
Infants (4 - 18 months)	Proposed levels in flour	0.39	1.2	20	20
1.5 - 3 years	Entire diet	18	28	20	38
1.5 - 3 years	Current levels in flour	0.58	1.3	20	21
1.5 - 3 years	Proposed levels in flour	0.87	2	20	21
4 - 10 years	Entire diet	25	39	20	45
4 - 10 years	Current levels in flour	0.94	1.9	20	21
4 - 10 years	Proposed levels in flour	1.4	2.8	20	21
11 - 18 years	Entire diet	31	55	20	51

11 - 18 years	Current levels in flour	1.2	2.4	20	21
11 - 18 years	Proposed levels in flour	1.7	3.6	20	22
19 - 64 years	Entire diet	36	68	1000	1000
19 - 64 years	Current levels in flour	0.98	2.4	1000	1000
19 - 64 years	Proposed levels in flour	1.5	3.6	1000	1000
65 + years	Entire diet	31	52	1000	1000
65 + years	Current levels in flour	0.83	2	1000	1000
65 + years	Proposed levels in flour	1.2	3	1000	1000

Table A6: Exposure to thiamin from food and supplements.

Age group	Category	Mean chronic exposure to thiamin (mg/person/day) *	97.5th percentile chronic exposure to thiamin (mg/person/day) *	Exposure of thiamin from supplements, upper range (mg/person/day)	Thiamin exposure from supplements and diet (mg/person/day)
Infants (4 - 18 months)	Entire diet	0.81	1.3	5	5.9
Infants (4 - 18 months)	Current levels in flour	0.039	0.12	5	5.0
1.5 -3 years	Entire diet	1	1.8	5	6
1.5 -3 years	Current levels in flour	0.087	0.2	5	5.1
4 - 10 years	Entire diet	1.3	2.3	5	6.3
4 - 10 years	Current levels in flour	0.14	0.28	5	5.1
11 - 18 years	Entire diet	1.4	2.8	5	6.4

11 - 18 years	Current levels in flour	0.17	0.36	5	5.2
19 - 64 years	Entire diet	1.5	2.8	500	500
19 - 64 years	Current levels in flour	0.15	0.36	500	500
65 + years	Entire diet	1.5	2.7	500	500
65 + years	Current levels in flour	0.12	0.3	500	500