

Table 3 Tolerable Upper Intake Levels for Choline

| Age | Male (mg/day) | Female (mg/day) | Pregnancy (mg/day) | Lactation (mg/day) |
|----------------------------|--|----------------------------|-------------------------------|-------------------------------|
| Infants birth to 12 months | Not possible to establish. Breast milk, formula, and food should be the only sources of choline for infants. | | | |
| 1-3 years | 1,000 | 1,000 | | |
| 4-8 years | 1,000 | 1,000 | | |
| 9-13 years | 2,000 | 2,000 | | |
| 14-18 years | 3,000 | 3,000 | 3,000 | 3,000 |
| 19+ years | 3,500 | 3,500 | 3,500 | 3,500 |

— SOURCE: INSTITUTE OF MEDICINE (WWW.NCBI.NLM.NIH.GOV/BOOKS/NBK114308)