

RFA Vitamin Conversion Chart

VITAMIN A		
retinol (all-(<i>E</i>)-retinol)	1 mg	3333 IU
	1 mg	1 mg RE
	1 IU	0.3 µg
	1 µg RE	1 µg
retinyl acetate (all-(<i>E</i>)-retinol acetate)	1 mg	2907 IU
	1 mg	872 µg RE
	1 IU	0.344 µg
	1 µg RE	1.147 µg
retinyl palmitate (all-(<i>E</i>)-retinol palmitate)	1 mg	1818.18 IU
	1 mg	546 µg RE
	1 IU	0.55 µg
	1 µg RE	1.832 µg
B VITAMINS		
thiamine hydrochloride	1 mg	0.8919 mg thiamine (vit B1)
thiamine nitrate	1 mg	0.8106 mg thiamine (vit B1)
riboflavine sodium phosphate	1 mg	0.75 mg riboflavine (vit B2)
calcium pantothenate	1 mg	0.916 mg pantothenic acid (vit B5) 0.084 mg calcium
dexpanthenol	1 mg	1.068 mg pantothenic acid (vit B5)
pyridoxal 5-phosphate	1 mg	0.6845 mg pyridoxine (vit B6)
pyridoxine hydrochloride	1 mg	0.8227 mg pyridoxine (vit B6)
VITAMIN C		
ascorbyl palmitate	1 mg	0.4248 mg ascorbic acid (vit C)
calcium ascorbate (dihydrate)	1 mg	0.8215 mg ascorbic acid (vit C) 0.094 mg calcium
sodium ascorbate	1 mg	0.8839 mg ascorbic acid (vit C) 0.1161 mg sodium
VITAMIN D		
cholecalciferol	1 µg	40 IU (vit D3)
	1 IU	0.025 µg
ergocalciferol	1 µg	40 IU (vit D2)
	1 IU	0.025 µg
VITAMIN E		
d-alpha-Tocopherol	1 mg	1.49 IU
	1 IU	671 µg
dl-alpha-Tocopherol	1 mg	1.1 IU
	1 IU	909 µg
d-alpha-Tocopheryl acetate	1 mg	1.36 IU
	1 IU	735 µg
dl-alpha-Tocopheryl acetate	1 mg	1 IU
d-alpha-Tocopheryl acid succinate	1 mg	1.21 IU
	1 IU	826.4 µg
dl-alpha-Tocopheryl acid succinate	1 mg	0.89 IU
	1 IU	1.12 mg

IU: International Units RE: Retinol Equivalentents