**Daily Vitamin Intake for Women**

**Recommended Daily Intake of Vitamins for Women**

| **Vitamin** | **Recommended Daily Intake** | **Functions** | **Why You Need It** |
| --- | --- | --- | --- |
| **Vitamin A** | 700 mcg RAE | Supports vision, immune function, and skin health | Essential for maintaining healthy vision and skin; supports immune system and cell growth. |
| **Vitamin B1** | 1.1 mg | Helps convert carbohydrates into energy | Vital for energy metabolism and proper nerve function. |
| **Vitamin B2** | 1.1 mg | Involved in energy production and cellular function | Important for healthy skin, eyes, and nervous system. |
| **Vitamin B3** | 14 mg | Supports metabolism of carbohydrates, fats, and proteins | Essential for energy production and maintaining healthy skin and nerves. |
| **Vitamin B5** | 5 mg | Involved in the synthesis of hormones and cholesterol | Essential for synthesizing coenzyme A for energy metabolism. |
| **Vitamin B6** | 1.3 mg | Involved in protein metabolism and cognitive development | Important for brain health, hormone regulation, and immune function. |
| **Vitamin B7** | 30 mcg | Supports metabolism of fats, carbohydrates, and proteins | Essential for healthy skin, hair, and nails; important for energy metabolism. |
| **Vitamin B9** | 400 mcg DFE | Required for DNA synthesis and cell division | Crucial for proper fetal development during pregnancy and for red blood cell formation. |
| **Vitamin B12** | 2.4 mcg | Important for red blood cell formation and nerve function | Vital for DNA synthesis and maintaining healthy nerve cells. |
| **Vitamin C** | 75 mg | Antioxidant; supports collagen synthesis and immune function | Important for skin health, wound healing, and enhancing iron absorption. |
| **Vitamin D** | 600 IU (15 mcg) | Supports calcium absorption and bone health | Crucial for maintaining bone density and immune function; helps prevent osteoporosis. |
| **Vitamin E** | 15 mg | Antioxidant that protects cells from oxidative damage | Important for immune function and skin health; may help prevent chronic diseases. |
| **Vitamin K** | 90 mcg | Essential for blood clotting and bone health | Important for preventing excessive bleeding and maintaining bone density. |

**Additional Nutritional Considerations**

**Choline**

* **Recommended Intake**: 425 mg
* **Functions**: Supports brain development and liver function.
* **Why You Need It**: Important for cell membrane structure and neurotransmitter synthesis.

**Omega-3 Fatty Acids**

* **Recommended Intake**: 1.1 g (ALA); EPA and DHA recommendations vary.
* **Functions**: Supports heart health, brain function, and reduces inflammation.
* **Why You Need It**: Crucial for cardiovascular health and cognitive function.

**Conclusion**

These vitamins are essential for various bodily functions, including energy metabolism, immune support, skin health, and more. Women may require different amounts of certain vitamins based on their life stage (e.g., pregnancy, menstruation, menopause).

It's important to obtain these vitamins primarily through a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. In some cases, supplementation may be necessary, but it's always best to consult with a healthcare professional before starting any new supplement regimen.