

Table S1. Comparative summary of dietary reference value definitions

Reference Value Concept	FNB Terminology	EFSA Terminology	Türkiye Terminology	Definition, Primary Area of Application
Umbrella Term	Dietary Reference Intakes (DRI)	Dietary Reference Values (DRV)	Nutrition Reference Value (BRD) / Reference Values	General term covering the entire set of reference values.
Median Requirement	Estimated Average Requirement (EAR)	Average Requirement (AR)	Average Requirement (AR)*	To assess the prevalence of inadequate intake in groups; the basis for RDA/PRI calculation.
Individual Intake Target	Recommended Dietary Allowance (RDA)	Population Reference Intake (PRI)	Population Reference Intake (PRI)*	To set daily nutrient intake goals for individuals.
Evidence-Based Alternative Value	Adequate Intake (AI)	Adequate Intake (AI)	Adequate Intake (AI)*	To be used as an intake goal for individuals when an RDA/PRI cannot be determined.
Safety Limit	Tolerable Upper Intake Level (UL)	Tolerable Upper Intake Level (UL)	Tolerable Upper Intake Level (UL)*	The highest level of chronic daily nutrient intake that is not likely to pose a risk of adverse health effects.
Labeling Value	Daily Value (DV)	Reference Intake (RI)	Nutrition Reference Value (BRD) / Reference Intake (RA)**	A simplified, single reference value for consumer labels.

EFSA: European Food Safety Authority, FNB: Food and Nutrition Board

* Used in the Türkiye Dietary Guidelines

** Used in the Turkish Food Codex

Table S2. Turkish food codex DRV and DML values and EFSA UL values

Micronutrients	DRV **	DML (4-10 y)	DML (>11 y)	UL	UL
Vitamin A (RE) (µg)	800	500	1000	1100-1500	2000-2600
Vitamin D (µg)	5	12.5	25	50	100
Vitamin E (α-TE) (mg)	12	135	270	120-160	220-260
Vitamin K (µg)	75	100	200	-	-
Vitamin C (mg)	80	500	1000	-	-
Thiamine (mg)	11	50	100	-	-
Riboflavin (mg)	1.4	100	200	-	-
Niacin (mg)	16	250	500	220-350	500-700
Vitamin B6 (mg)	1.4	5	10	4.5-6.1	8.6-10.7
Folic acid (µg)	200	300	600	300-400	600-800
Vitamin B12 (µg)	2.5	1500	3000	-	-

DHA: Docosahexaenoic acid, DML: Daily Maximum Limits, DRV: Dietary Reference Values, EPA: Eicosapentaenoic acid, TFC: Turkish Food Codex, UL: Upper level of intake

* DRV from Turkish Food Codex Regulation on Food Labeling and Consumer Information

* DML from Turkish Food Codex Supplementary Nutrition Products Communique and List of Restricted Substances in Dietary Supplements (available from <https://www.tarimorman.gov.tr/Konu/1116/takviye-edici-gida-kisitli-maddeler-listesi>)

* UL from European Food Safety Authority - EFSA

** The specified dietary reference values are applicable to healthy individuals aged four years and older

Table S2. Continued

Micronutrients	DRV **	DML (4-10 y)	DML (>11 y)	UL	UL
Biotin (µg)	50	1250	5000	-	-
Pantothenic acid (mg)	6	500	1000	-	-
Sodium (mg)	-	100	200	-	-
Potassium (mg)	2000	750	1500	-	-
Chloride (mg)	800	-	-	-	-
Calcium (mg)	800	750	1500	-	-
Phosphorus (mg)	700	350	700	-	-
Magnesium (mg)	375	125	250	-	-
Iron (mg)	14	8.5	17	-	-
Zinc (mg)	10	7.5	15	10-13	18-22
Copper (mg)	1	1	2	2-3	4
Manganese (mg)	2	1	2	-	-
Fluoride (mg)	3.5	1.75	3.5	2.5-5	5-7
Selenium (µg)	55	100	200	95-130	180-230
Chromium (µg)	40	180	360	-	-
Molybdenum (µg)	50	175	350	200-250	400-500
Iodine (µg)	150	75	150	250-300	450-500
Beta-carotene (mg)	-	3.5	7	-	-
Boron (mg)	-	4	8	-	-
Coenzyme Q 10 (mg)	-	100	200	-	-
Quercetin (mg)	-	-	500	-	-
Inositol (mg)	-	1000	2000	-	-
L-Carnitine (g)	-	1	2	-	-
Choline (mg)	-	275	550	-	-
Lactoferrin (mg)	-	200	200	-	-
L-arginine (g)	-	1.2	5	-	-
L-lysine (mg)	-	250	500	-	-
Beta glucan (mg)	-	-	3000	-	-
Beta glucan (others) (mg)	-	340	800	-	-
Resveratrol (g)	-	-	5	-	-
Caffeine (mg)	-	-	210	-	-

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Table S2. Continued

Micronutrients	DRV **	DML (4-10 y)	DML (>11 y)	UL	UL
Citicoline (mg)	-	500	1000	-	-
L-tyrosine (mg)	-	-	1000	-	-
Uridine (mg)	-	-	175	-	-
EPA or/and DHA	at least 250 mg/day, maximum 3 g/day				
DHA	90 mg/day for the 4-8 age group				
DHA	120 mg/day for the 9-13 age group				

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