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## Upper intake levels reviewed for vitamin D and calcium [1]

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EFSA has reviewed the Tolerable Upper Intake Levels (ULs) for calcium and vitamin D. For vitamin D, the UL for adults and adolescents has been raised from 50 micrograms (50µg) a day to 100µg; the UL for children aged 1-10 has been increased from 25µg a day to 50µg a day. For calcium, the Panel concluded that no new data have become available which would require a revision of the UL for adults of 2,500mg a day.

- [Scientific Opinion on the Tolerable Upper Intake Level of vitamin D](#) [2]
- [Scientific Opinion on the Tolerable Upper Intake Level of calcium](#) [3]