

Estimated nutrient requirements for maintenance, growth and reproduction (rats)

Source - Nutrient requirements of laboratory animals, fourth revised edition (1995)

Amounts are parts per kg of diet – mg is milligrams per kg of diet, microg is micrograms per kg of diet. IU and given per kg of diet where necessary.

Maintenance/growth/reproduction – note maintenance for vitamins is denoted as *, that is undetermined. Amounts for growth usually used for maintenance.

Vitamins

A (mg) */0.7/0.7 Equivalent to 2,300 IU/kg

D (mg) */0.025/0.025 Equivalent to 1,000 IU/kg

E (mg) */18/18 Equivalent to 27 IU/kg

K (mg) */1/1

Biotin (mg) */0.2/0.2

Choline (mg) */750/750

Folic acid (mg) */1/1

Niacin (mg) */15/15

Pantothenate */10/10

Riboflavin (mg) */3/4

Thiamin (mg) */4/4 Higher requirements needed with low protein, high carbohydrate diet.

B6 (mg) */6/6 Estimate represents adequate amounts rather than true requirements.

B12 (microg) */50/50

Listed nutrient concentrations represent minimal requirements. Higher concentrations of many nutrients may be warranted in natural ingredient diets (tables are based on purified diet).

*Separate requirements for maintenance have not been determined. Requirements presented for growth will meet maintenance requirements.