

**Table 3.27** Mean, SD, median and percentile values of retinol intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

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**Table 3.27** Mean, SD, median and percentile values of retinol intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	598	487	658	678	529	475	560	562
SD	794	474	903	974	684	528	803	685
Median	397	361	429	405	315	297	331	298
Percentiles								
5th	118	112	135	99	90	94	92	83
95th	1521	1309	1594	2784	1726	1299	1961	2290
97.5th	2887	1499	3011	4952	2885	2006	3107	2874
<b>Food sources</b>								
Mean	519	422	557	608	400	362	425	420
SD	747	405	862	929	528	439	601	525
Median	367	341	388	374	278	272	292	271
Percentiles								
5th	108	109	118	90	84	86	87	81
95th	1170	876	1310	2784	1108	949	1287	1777
97.5th	2782	1172	2969	4598	2521	1368	2660	2547

**Table 3.28** Mean, SD, median and percentile values of carotene intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n=662</i>	18-35y <i>n=253</i>	36-50y <i>n=236</i>	51-64y <i>n=173</i>	All ages <i>n=717</i>	18-35y <i>n=269</i>	36-50y <i>n=286</i>	51-64y <i>n=162</i>
<b>All sources</b>								
Mean	2543	2256	2891	2489	2312	1971	2432	2668
SD	2091	2388	1961	1704	1644	1496	1594	1858
Median	2087	1807	2580	2167	1913	1609	2017	2130
Percentiles								
5th	409	403	449	359	480	364	573	536
95th	5807	4990	6082	5597	5410	4504	5325	6568
97.5th	6871	6984	6876	6975	6842	6135	6845	8261
<b>Food sources</b>								
Mean	2532	2251	2875	2476	2285	1940	2407	2645
SD	2093	2388	1970	1701	1612	1443	1557	1856
Median	2058	1807	2580	2152	1896	1552	2010	2088
Percentiles								
5th	409	402	448	359	461	314	557	535
95th	5807	4989	6081	5597	5306	4504	5136	6568
97.5th	6871	6984	6876	6975	6735	5983	6779	8262

**Table 3.29** Mean, SD, median and percentile values of total vitamin A intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	1022	863	1140	1093	915	804	965	1013
SD	891	643	978	1037	751	608	831	799
Median	823	719	966	832	720	647	751	752
Percentiles								
5th	310	273	352	311	264	228	274	292
95th	2293	1859	2310	3274	2429	1904	2284	2858
97.5th	3281	2408	3500	5379	3239	2769	3588	3554
<b>Food sources</b>								
Mean	941	797	1036	1021	781	686	826	861
SD	846	593	938	993	600	513	645	632
Median	766	684	889	786	648	572	681	733
Percentiles								
5th	299	273	312	311	253	216	265	292
95th	1863	1542	1931	3273	1794	1553	1887	2440
97.5th	3253	2397	3140	5018	2934	2338	3273	3180

**Table 3.30** Mean, SD, median and percentile values of vitamin D intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	3.7	3.0	3.9	4.4	3.4	2.8	3.4	4.5
SD	3.4	2.5	3.2	4.5	3.7	3.1	3.3	4.9
Median	2.5	2.1	2.8	3.0	2.1	1.8	2.1	2.7
Percentiles								
5th	1.0	0.9	1.1	1.1	0.6	0.6	0.7	0.6
95th	10.5	8.1	11.4	13.9	11.1	7.8	11.3	16.0
97.5th	13.5	10.3	13.1	17.2	14.9	11.9	14.5	22.0
<b>Food sources</b>								
Mean	3.2	2.7	3.2	3.9	2.6	2.0	2.6	3.5
SD	3.0	2.1	2.7	4.2	2.7	1.6	2.3	4.1
Median	2.3	2.1	2.5	2.6	1.8	1.6	1.8	2.3
Percentiles								
5th	0.9	0.8	0.9	1.0	0.6	0.5	0.7	0.5
95th	8.4	6.9	7.5	11.7	6.5	5.2	6.4	10.6
97.5th	11.2	9.2	10.9	17.2	9.4	6.2	9.5	16.8

**Table 3.31** Mean, SD, median and percentile values of vitamin E intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	11.2	12.2	12.3	8.1	11.0	8.9	12.2	12.2
SD	37.2	47.6	34.0	20.5	27.4	17.7	29.7	35.1
Median	6.3	6.7	6.4	5.8	6.0	6.1	6.3	5.4
Percentiles								
5th	2.5	2.6	2.5	2.1	2.1	2.5	2.4	1.7
95th	17.9	19.6	20.2	15.0	23.4	17.8	33.7	22.8
97.5th	28.3	28.4	36.2	20.0	38.3	25.9	54.6	130.2
<b>Food sources</b>								
Mean	6.6	7.0	6.7	5.9	5.8	6.0	5.9	5.3
SD	3.1	3.2	3.0	3.1	2.7	2.6	2.6	3.0
Median	6.1	6.4	6.2	5.6	5.4	5.5	5.5	4.9
Percentiles								
5th	2.4	2.6	2.5	2.1	2.1	2.5	2.4	1.7
95th	12.4	12.8	12.3	11.5	10.3	10.9	10.2	9.9
97.5th	14.1	14.5	13.1	14.5	11.6	12.8	12.4	11.2

**Table 3.32** Mean, SD, median and percentile values of thiamin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	2.3	2.3	2.3	2.3	2.1	1.8	2.5	2.1
SD	1.5	2.0	1.0	1.3	4.1	2.9	4.8	4.3
Median	2.0	1.9	2.2	2.0	1.5	1.4	1.6	1.6
Percentiles								
5th	1.1	1.1	1.1	1.1	0.9	0.9	0.9	0.8
95th	3.9	3.8	3.9	3.8	3.3	3.1	5.9	3.1
97.5th	4.7	4.6	5.0	4.7	6.4	3.9	11.7	4.3
<b>Food sources</b>								
Mean	2.1	2.0	2.1	2.1	1.5	1.4	1.5	1.6
SD	0.8	0.7	0.7	1.0	0.5	0.6	0.4	0.5
Median	2.0	1.9	2.1	2.0	1.4	1.4	1.5	1.5
Percentiles								
5th	1.1	1.1	1.1	1.1	0.8	0.8	0.9	0.8
95th	3.5	3.6	3.5	3.3	2.3	2.2	2.2	2.6
97.5th	3.9	3.7	3.9	4.0	2.6	2.4	2.6	2.9

**Table 3.33** Mean, SD, median and percentile values of riboflavin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	2.2	2.3	2.2	2.0	2.0	1.8	2.4	1.8
SD	1.5	2.1	1.0	0.8	3.4	2.6	4.7	0.9
Median	2.0	2.0	2.1	1.8	1.5	1.4	1.6	1.5
Percentiles								
5th	1.0	1.1	1.0	1.1	0.8	0.7	0.8	0.8
95th	3.9	3.9	4.0	3.5	3.7	3.6	4.3	3.4
97.5th	4.6	4.6	4.7	4.4	4.7	4.3	10.7	4.3
<b>Food sources</b>								
Mean	2.0	2.1	2.1	1.9	1.5	1.4	1.6	1.6
SD	0.7	0.8	0.7	0.6	0.6	0.5	0.6	0.6
Median	1.9	2.0	2.0	1.8	1.4	1.4	1.5	1.5
Percentiles								
5th	1.0	1.0	1.0	1.0	0.7	0.7	0.8	0.8
95th	3.2	3.3	3.2	3.0	2.5	2.3	2.6	2.8
97.5th	3.7	3.9	3.9	3.5	2.8	2.7	2.8	3.0

**Table 3.34** Mean, SD, median and percentile values of pre-formed niacin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	28.2	29.6	28.4	25.8	20.7	20.1	21.9	19.4
SD	9.9	9.9	9.9	9.4	9.9	8.6	11.6	8.4
Median	26.9	27.9	27.0	24.8	18.9	18.4	19.5	17.6
Percentiles								
5th	15.0	15.5	15.4	13.6	10.5	10.1	11.6	8.7
95th	46.6	46.9	48.1	43.5	37.6	35.5	40.9	36.7
97.5th	60	51.7	54.8	50.6	44	41.2	67.3	40.5
<b>Food sources</b>								
Mean	27.1	28.6	27.1	25.0	18.6	18.5	19.1	17.8
SD	8.9	8.9	8.8	8.8	5.8	5.7	5.7	6.0
Median	26.2	27.7	26.3	23.6	18.1	18.0	18.5	16.5
Percentiles								
5th	14.3	15.2	14.1	13.5	10.4	10.1	11.6	8.7
95th	41.9	43.2	41.3	40.2	27.7	28.9	27.6	27.3
97.5th	46.7	46.8	47.7	47.4	32.3	32.8	29.9	33.0

**Table 3.35** Mean, SD, median and percentile values of total niacin equivalents (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	48.9	50.8	49.5	45.6	34.9	33.7	36.6	33.7
SD	14.2	14.5	14.7	12.6	12.1	11.0	13.7	10.5
Median	47.4	50.1	47.4	43.8	33.5	32.6	34.4	32.9
Percentiles								
5th	29.2	28.6	29.4	29.4	20.1	19.5	21.6	17.3
95th	75.4	75.6	76.7	73.7	54.3	54.0	58.7	53.2
97.5th	80.6	80.2	62.5	79.1	61.1	58.6	84.3	56.4
<b>Food sources</b>								
Mean	48.0	49.9	48.2	44.8	32.7	32.1	33.7	32.1
SD	13.7	13.8	46.3	12.4	8.7	8.7	8.7	8.7
Median	46.2	48.8	14.1	43.1	32.4	31.6	33.2	31.7
Percentiles								
5th	28.5	28.4	27.1	28.9	20.1	19.5	21.4	17.3
95th	70.9	71.2	70.1	72.6	47.5	47.6	47.8	46.8
97.5th	77.6	77	78.1	78.7	51.5	53.9	51.1	51.4

**Table 3.36** Mean, SD, median and percentile values of vitamin B6 intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	3.5	3.6	3.4	3.2	3.3	2.9	3.8	3.1
SD	1.9	2.5	1.6	1.3	6.4	5.2	7.4	6.2
Median	3.1	3.1	3.2	2.9	2.1	2.1	2.1	2.1
Percentiles								
5th	1.8	1.8	1.6	1.8	1.2	1.2	1.2	1.0
95th	6.3	6.9	6.4	5.9	5.5	5.2	12.3	4.5
97.5th	7.6	9.5	8.0	6.7	30.3	7.8	37.9	10.1
<b>Food sources</b>								
Mean	3.2	3.3	3.1	3.0	2.1	2.0	2.1	2.1
SD	1.1	1.2	1.1	1.1	0.7	0.7	0.6	0.8
Median	3.0	3.0	3.0	2.8	2.0	2.0	2.0	2.0
Percentiles								
5th	1.7	1.8	1.6	1.7	1.2	1.2	1.2	1.0
95th	5.4	5.6	5.3	5.1	3.2	3.2	3.1	3.7
97.5th	5.9	6.6	5.7	5.9	3.8	3.8	3.5	4.2

**Table 3.37** Mean, SD, median and percentile values of vitamin B12 intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n=662</i>	18-35y <i>n=253</i>	36-50y <i>n=236</i>	51-64y <i>n=173</i>	All ages <i>n=717</i>	18-35y <i>n=269</i>	36-50y <i>n=286</i>	51-64y <i>n=162</i>
<b>All sources</b>								
Mean	5.4	5.0	5.6	5.8	4.1	3.6	4.5	4.2
SD	3.7	2.5	4.3	4.4	3.6	3.1	4.3	3.0
Median	4.6	4.5	4.8	4.4	3.3	3.0	3.5	3.5
Percentiles								
5th	2.3	2.2	2.3	2.5	1.4	1.1	1.5	1.3
95th	10.7	9.0	10.5	13.1	9.3	7.0	13.9	9.3
97.5th	14.8	11.9	15.4	22.4	15.1	10.3	18.4	12.6
<b>Food sources</b>								
Mean	5.2	4.8	5.3	5.6	3.6	3.3	3.9	3.9
SD	3.4	2.2	4.0	3.9	2.5	2.2	2.7	2.3
Median	4.5	4.4	4.7	4.4	3.1	2.8	3.2	3.4
Percentiles								
5th	2.2	2.2	2.1	2.5	1.3	1.1	1.5	1.3
95th	9.8	8.5	9.7	13.1	7.4	6.5	7.8	8.5
97.5th	13.2	10.4	15.2	21.6	11.8	8.3	14.2	9.5

**Table 3.38** Mean, SD, median and percentile values of folate intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	332	339	339	314	260	247	267	268
SD	128	135	128	115	144	120	141	182
Median	309	312	323	279	225	216	228	228
Percentiles								
5th	164	162	162	167	126	110	133	126
95th	576	587	576	541	532	507	615	501
97.5th	662	673	676	642	638	564	690	592
<b>Food sources</b>								
Mean	319	327	321	304	225	214	229	237
SD	117	125	115	105	77	70	76	88
Median	300	309	306	272	212	208	213	220
Percentiles								
5th	162	162	158	165	123	107	133	126
95th	516	582	505	513	368	341	367	426
97.5th	595	669	566	558	418	386	431	495

**Table 3.39** Mean, SD, median and percentile values of biotin intake ( $\mu\text{g}$ ) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	42.8	40.6	45.6	42.4	34.1	32.5	35.7	34.0
SD	23.6	21.4	26.3	22.4	25.0	31.1	20.4	20.7
Median	38.9	37.6	41.9	38.3	29.3	26.2	31.0	31.0
Percentiles								
5th	20.2	18.6	20.3	22.0	15.5	12.6	17.9	16.4
95th	73.2	67.8	81.8	71.5	64.0	64.8	66.9	55.8
97.5th	91.8	81.4	106.0	88.6	103.3	150.0	99.34	87.1
<b>Food sources</b>								
Mean	40.4	38.6	42.5	40.1	29.8	26.4	32.3	31.0
SD	14.5	13.5	15.8	13.8	10.8	9.6	11.7	10.0
Median	38.5	37.3	41.3	37.5	28.5	25.8	30.3	30.8
Percentiles								
5th	20.2	18.6	20.3	22.0	15.4	12.5	18.0	16.4
95th	66.1	61.8	70.8	65.6	48.0	43.2	51.3	49.9
97.5th	74.9	71.3	82.8	72.2	53.9	49.4	59.1	54.8

**Table 3.40** Mean, SD, median and percentile values of pantothenate intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	6.5	6.4	6.8	6.3	5.3	4.7	5.9	5.1
SD	2.7	2.9	2.9	2.1	4.8	3.6	6.4	2.5
Median	6.0	5.7	6.3	5.9	4.3	3.9	4.5	4.5
Percentiles								
5th	3.4	3.4	3.2	3.8	2.5	2.4	2.6	2.7
95th	11.0	11.1	10.9	10.6	10.5	9.2	13.5	10.7
97.5th	12.5	12.5	13.0	11.9	14.4	10.8	32.0	14.3
<b>Food sources</b>								
Mean	6.1	5.9	6.3	6.0	4.3	4.0	4.4	4.5
SD	1.8	1.8	1.9	1.7	1.3	1.2	1.3	1.3
Median	5.8	5.6	6.1	5.7	4.1	3.8	4.2	4.4
Percentiles								
5th	3.3	3.3	3.2	3.5	2.5	2.4	2.6	2.7
95th	9.7	9.6	9.8	9.3	6.5	6.0	6.6	6.8
97.5th	10.4	10.1	10.7	10.4	7.2	6.5	7.3	7.5

**Table 3.41** Mean, SD, median and percentile values of vitamin C intake (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
<b>All sources</b>								
Mean	116	126	119	99	108	99	113	115
SD	223	298	187	111	183	191	187	164
Median	74	72	77	75	69	64	69	75
Percentiles								
5th	26	23	28	29	24	22	26	24
95th	266	368	270	195	289	196	315	464
97.5th	588	612	774	334	588	438	600	633
<b>Food sources</b>								
Mean	81	76	86	81	72	69	73	75
SD	49	45	56	43	44	43	43	47
Median	69	68	72	70	62	58	62	65
Percentiles								
5th	26	23	28	29	23	22	25	24
95th	173	154	200	173	157	145	168	153
97.5th	212	184	263	195	187	178	190	186

**Table 3.42** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and geographical location.

	Open Country/village			Small Town			Large Town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=251</i>			<i>n=76</i>			<i>n=111</i>			<i>n=224</i>		
Retinol (µg)	580	628	430	472	577	333	627	919	345	646	942	408
Carotene (µg)	2728	1972	2391	2217	1420	1833	2418	1671	2107	2509	2542	1937
Total Vitamin A (µg)	1034	732	876	842	641	680	1030	949	799	1065	1075	824
Vitamin D (µg)	3.3	2.7	2.5	3.7	4.3	2.3	4.0	4.3	2.4	3.9	3.3	2.6
Vitamin E (mg)	11.9	50.7	5.9	6.7	3.9	5.9	7.6	4.5	6.7	13.6	34.7	7.3
Thiamin (mg)	2.3	0.9	2.1	2.1	0.7	2.0	2.2	1.0	2.0	2.4	2.3	2.0
Riboflavin (mg)	2.1	0.8	2.0	2.0	0.7	1.9	2.1	1.0	1.8	2.4	2.2	2.0
Pre-formed Niacin (mg)	27.0	9.1	25.4	28.6	8.9	26.9	28.1	9.5	26.7	29.4	11.0	27.8
Total Niacin Equivalent (mg)	48.2	13.7	45.3	49.1	13.1	46.9	48.6	14.6	46.2	50.0	14.9	48.9
Vitamin B6 (mg)	3.4	1.2	3.2	3.4	1.3	3.3	3.2	1.4	2.9	3.6	2.8	3.0
Vitamin B12 (µg)	5.3	2.7	4.6	4.8	2.7	4.4	5.6	4.6	4.2	5.7	4.5	4.6
Folate (µg)	333	125	305	325	105	317	326	126	303	338	138	315
Biotin (µg)	40.8	16.2	39.3	38.1	11.8	37.0	44.8	29.7	36.7	45.7	29.1	39.9
Pantothenate (mg)	6.5	1.9	6.3	6.1	1.7	5.8	6.4	2.7	5.5	6.7	3.6	5.9
Vitamin C (mg)	122	290	72	84	54	71	102	124	73	128	209	76
<b>Women</b>	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Retinol (µg)	520	662	308	434	506	280	533	567	326	567	795	325
Carotene (µg)	2480	1619	2136	2319	1479	1979	2196	1666	1761	2210	1699	1738
Total Vitamin A (µg)	933	735	733	820	634	648	899	612	759	935	848	700
Vitamin D (µg)	3.5	3.9	2.1	2.9	3.1	1.8	3.3	3.0	2.2	3.6	3.9	2.2
Vitamin E (mg)	9.1	20.5	5.4	9.5	10.3	6.0	9.2	13.4	6.4	13.9	38.5	6.1
Thiamin (mg)	2.2	4.8	1.5	2.3	4.3	1.5	2.0	2.3	1.6	2.1	3.9	1.5
Riboflavin (mg)	1.9	3.4	1.5	2.1	4.1	1.5	1.9	1.6	1.6	2.1	3.7	1.5
Pre-formed Niacin (mg)	19.6	9.2	18.1	20.8	11.5	18.7	21.9	11.5	19.2	21.1	9.2	19.8
Total Niacin Equivalent (mg)	33.4	11.3	32.3	34.8	13.8	33.0	36.4	14.2	33.6	35.6	11.3	34.7
Vitamin B6 (mg)	3.3	6.7	2.1	3.7	7.3	2.1	2.9	4.2	2.1	3.3	6.6	2.0
Vitamin B12 (µg)	4.2	3.9	3.3	3.8	3.0	3.4	3.8	2.6	3.2	4.3	3.9	3.5
Folate (µg)	255	122	220	261	142	236	260	124	235	263	170	225
Biotin (µg)	32.3	20.6	29.2	28.3	12.0	25.8	36.0	24.8	31.5	36.6	30.7	29.5
Pantothenate (mg)	5.2	4.5	4.4	4.9	4.3	4.1	5.3	4.1	4.3	5.4	5.4	4.3
Vitamin C (mg)	105	180	65	92	132	63	101	115	73	120	221	69

**Table 3.43** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and level of education.

	Primary education			Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=140</i>			<i>n=128</i>			<i>n=113</i>			<i>n=266</i>		
Retinol (µg)	655	804	403	740	1281	428	496	398	426	543	584	375
Carotene (µg)	2338	1598	2195	2657	2175	2078	2756	3231	1943	2537	1651	2173
Total Vitamin A (µg)	1045	879	850	1183	1352	844	955	664	806	965	681	820
Vitamin D (µg)	3.7	3.1	2.7	3.2	2.4	2.4	4.2	4.7	2.6	3.7	3.3	2.5
Vitamin E (mg)	7.1	5.4	5.9	10.2	25.4	6.4	14.7	56.4	6.1	11.7	38.9	6.7
Thiamin (mg)	2.4	1.4	2.2	2.2	0.8	2.1	2.2	1.0	2.0	2.3	2.0	2.0
Riboflavin (mg)	2.1	0.9	1.8	2.2	0.8	2.0	2.2	0.9	2.0	2.3	2.1	1.9
Pre-formed Niacin (mg)	26.3	9.5	25.0	28.2	8.6	27.0	28.6	10.0	26.9	29.0	10.5	27.2
Total Niacin Equivalents (mg)	47.1	14.7	44.4	49.8	13.7	47.9	50.0	15.0	48.1	49.2	13.9	47.8
Vitamin B6 (mg)	3.4	1.4	3.2	3.5	1.5	3.3	3.5	1.7	3.0	3.4	2.4	2.9
Vitamin B12 (µg)	5.6	3.7	4.6	5.9	5.4	4.9	5.0	1.9	4.6	5.3	3.4	4.5
Total folate (µg)	333	131	311	332	119	309	339	134	304	329	130	310
Biotin (µg)	41.8	23.7	36.2	43.7	26.7	38.5	42.5	24.4	40.0	43.1	22.0	39.1
Pantothenate (mg)	6.5	2.2	6.3	6.7	2.3	6.3	6.2	2.0	5.7	6.5	3.3	5.8
Vitamin C (mg)	81	64	66	100	152	71	139	226	74	135	295	78
<b>Women</b>	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Retinol (µg)	509	686	288	577	941	300	629	738	358	472	449	322
Carotene (µg)	1996	1328	1653	2344	1929	1900	2440	1496	2166	2396	1643	1972
Total Vitamin A (µg)	842	732	648	967	993	726	1036	819	798	871	530	716
Vitamin D (µg)	3.4	3.9	2.0	3.0	3.0	1.9	3.9	4.2	2.3	3.6	3.8	2.2
Vitamin E (mg)	6.4	5.9	4.8	10.2	24.2	5.7	12.8	33.8	6.9	13.4	32.8	6.4
Thiamin (mg)	1.8	2.3	1.5	2.0	4.0	1.5	2.7	6.3	1.6	2.1	3.4	1.5
Riboflavin (mg)	1.8	2.3	1.3	1.9	3.3	1.5	2.2	4.3	1.7	2.2	3.4	1.6
Pre-formed Niacin (mg)	18.7	9.3	16.4	19.9	9.9	18.3	22.2	10.5	20.5	21.6	10.0	19.8
Total Niacin Equivalents (mg)	32.1	11.7	29.6	33.9	11.8	32.9	37.3	12.3	37.0	35.9	12.4	34.2
Vitamin B6 (mg)	2.9	5.5	1.9	3.2	6.6	2.0	4.1	8.7	2.3	3.2	5.3	2.1
Vitamin B12 (µg)	4.2	4.5	3.1	4.0	3.6	3.2	4.6	4.2	3.6	3.9	2.6	3.4
Total folate (µg)	246	124	208	242	113	210	290	199	239	266	136	232
Biotin (µg)	31.8	21.7	27.6	30.2	17.5	26.7	37.9	28.5	31.5	36.0	28.7	30.4
Pantothenate (mg)	5.1	5.0	4.3	4.9	4.3	4.3	5.8	5.6	4.7	5.3	4.6	4.1
Vitamin C (mg)	82	100	61	99	236	60	126	173	77	122	194	78

**Table 3.44** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and Social Class (Ireland).

	Professional Workers			Managerial and Technical			Non-Manual			Skilled Manual		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n = 61</i>			<i>n=207</i>			<i>n=91</i>			<i>n=155</i>		
Retinol (µg)	667	743	401	662	1045	397	493	361	395	589	744	407
Carotene (µg)	3325	3716	2889	2889	1913	2599	2322	1529	1943	2401	1771	1938
Total Vitamin A (µg)	1221	993	937	1144	1116	922	880	461	770	989	821	799
Vitamin D (µg)	4.0	3.7	2.7	3.9	3.4	2.6	3.8	2.8	2.9	3.5	3.5	2.4
Vitamin E (mg)	12.3	34.9	6.9	12.9	43.9	6.5	13.4	56.0	6.4	10.9	32.2	6.2
Thiamin (mg)	2.2	0.9	2.0	2.3	1.0	2.1	2.5	2.0	2.2	2.2	0.8	2.0
Riboflavin (mg)	2.1	0.8	1.9	2.2	0.9	2.0	2.3	1.8	2.0	2.1	0.8	2.0
Pre-formed Niacin (mg)	28.3	9.8	26.1	28.9	10.3	27.1	27.8	8.2	27.7	28.0	9.5	27.0
Total Niacin Equivalents (mg)	49.2	13.3	48.0	49.5	14.2	47.6	47.9	12.3	47.2	49.9	14.6	49.2
Vitamin B6 (mg)	3.5	1.7	3.1	3.4	1.7	3.0	3.4	2.1	3.0	3.4	1.3	3.2
Vitamin B12 (µg)	5.3	2.6	5.0	5.8	4.7	4.8	4.9	2.0	4.6	5.4	3.9	4.4
Total folate (µg)	331	145	299	334	123	312	324	115	302	337	126	309
Biotin (µg)	43.5	24.3	40.8	43.8	23.6	39.7	41.1	26.7	37.3	43.0	20.8	40.6
Pantothenate (mg)	6.4	2.1	6.0	6.7	3.0	6.0	6.2	2.5	5.7	6.6	2.2	6.3
Vitamin C (mg)	110	147	93	133	194	80	135	437	67	94	115	70
<b>Women</b>	<i>n=71</i>			<i>n=232</i>			<i>n=162</i>			<i>n=106</i>		
Retinol (µg)	563	612	356	552	598	352	461	510	314	487	685	252
Carotene (µg)	2494	1473	2021	2665	1838	2313	2189	1606	1677	2210	1637	1803
Total Vitamin A (µg)	979	685	836	997	692	779	826	590	663	855	763	605
Vitamin D (µg)	4.6	4.5	2.8	3.9	4.3	2.3	3.2	3.2	2.0	3.2	3.4	1.8
Vitamin E (mg)	18.2	47.1	7.4	13.3	33.5	6.8	10.3	24.8	5.8	7.3	8.6	5.4
Thiamin (mg)	1.9	1.4	1.6	2.2	4.0	1.5	2.1	3.5	1.5	2.1	5.2	1.5
Riboflavin (mg)	2.0	1.1	1.7	2.2	3.7	1.6	2.0	3.1	1.5	1.5	0.7	1.3
Pre-formed Niacin (mg)	22.4	9.1	19.9	21.8	10.2	19.8	20.9	11.1	19.3	18.6	6.9	17.8
Total Niacin Equivalents (mg)	36.9	10.6	34.4	36.3	12.1	34.9	35.1	13.8	33.8	32.5	9.2	32.1
Vitamin B6 (mg)	3.7	5.8	2.2	3.2	5.6	2.1	3.3	6.2	2.1	2.7	5.9	2.0
Vitamin B12 (µg)	4.5	3.5	3.6	4.3	3.4	3.5	3.6	2.5	3.4	3.7	2.6	3.0
Total folate (µg)	310	250	246	271	134	233	257	141	224	239	106	205
Biotin (µg)	35.9	14.8	31.4	35.1	21.2	31.4	34.4	33.9	27.1	30.6	19.0	26.9
Pantothenate (mg)	5.9	4.8	4.7	5.4	5.0	4.3	5.0	3.7	4.3	4.6	2.2	4.1
Vitamin C (mg)	125	155	87	135	260	76	114	173	67	79	91	53

**Table 3.44 (continued)** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and Social Class (Ireland).

	Semi-skilled			Unskilled			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=81</i>			<i>n=31</i>			<i>n=20</i>		
Retinol (µg)	460	439	325	846	1047	451	437	269	424
Carotene (µg)	2175	2188	1648	2061	1334	1933	1611	1164	1401
Total Vitamin A (µg)	822	535	714	1189	1126	875	705	309	701
Vitamin D (µg)	3.5	4.2	2.3	3.3	2.9	2.3	2.6	1.7	2.2
Vitamin E (mg)	7.1	4.7	5.8	6.5	4.0	6.7	7.8	4.0	7.5
Thiamin (mg)	2.4	2.9	1.9	2.6	1.7	2.3	2.1	1.2	1.8
Riboflavin (mg)	2.3	3.0	1.8	2.4	1.2	2.0	2.3	0.9	2.3
Pre-formed Niacin (mg)	27.2	10.7	24.8	27.6	10.5	26.4	26.8	8.5	27.3
Total Niacin Equivalents (mg)	46.9	14.4	43.5	49.1	16.3	47.6	48.1	12.9	48.4
Vitamin B6 (mg)	3.7	3.4	3.1	3.5	1.6	3.1	3.4	1.3	3.1
Vitamin B12 (µg)	5.1	2.9	4.5	6.2	4.5	4.6	4.4	1.7	4.4
Total folate (µg)	327	148	325	322	133	285	351	89	325
Biotin (µg)	39.9	15.8	37.6	45.1	33.1	38.1	38.1	10.9	36.3
Pantothenate (mg)	6.4	3.4	6.1	6.6	2.7	6.0	5.6	1.6	5.3
Vitamin C (mg)	106	182	68	69	45	56	124	136	96
<b>Women</b>	<i>n=87</i>			<i>n=17</i>			<i>n=14</i>		
Retinol (µg)	615	1126	278	714	1074	252	414	308	322
Carotene (µg)	1857	1160	1581	1957	2207	1322	1482	935	1318
Total Vitamin A (µg)	924	1122	646	1040	1121	539	661	425	525
Vitamin D (µg)	2.5	2.5	1.8	2.5	2.6	1.8	2.9	2.4	1.8
Vitamin E (mg)	7.1	7.0	4.9	8.2	6.3	6.3	7.8	5.4	5.5
Thiamin (mg)	1.6	1.2	1.4	3.1	6.1	1.6	2.1	2.2	1.4
Riboflavin (mg)	1.6	0.9	1.3	3.3	6.3	1.6	1.9	0.8	1.7
Pre-formed Niacin (mg)	17.6	6.5	17.6	22.7	13.5	19.5	23.2	9.1	20.7
Total Niacin Equivalents (mg)	31.3	9.8	30.7	38.2	14.6	34.2	37.1	11.1	34.0
Vitamin B6 (mg)	3.2	7.1	2.0	6.0	12.4	2.1	2.7	1.7	2.1
Vitamin B12 (µg)	4.3	3.8	3.2	6.3	8.8	3.0	3.4	1.8	2.8
Total folate (µg)	224	94	204	291	142	252	256	96	226
Biotin (µg)	35.5	31.9	26.7	35.6	16.0	35.0	29.0	11.2	24.7
Pantothenate (mg)	4.9	3.7	4.4	7.7	11.5	5.2	4.3	1.9	3.6
Vitamin C (mg)	65	34	56	71	67	47	74	43	66

**Table 3.45** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and Social Class (UK).

	Professional occupations			Managerial and Technical occupations			Non-manual (skilled)			Manual (skilled)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=51</i>			<i>n=230</i>			<i>n=76</i>			<i>n=161</i>		
Retinol (µg)	665	821	389	657	993	417	507	392	380	589	756	397
Carotene (µg)	3559	4117	2946	2801	1807	2445	2481	1667	2172	2432	1779	1899
Total Vitamin A (µg)	1258	1094	937	1124	1061	906	921	503	833	995	825	763
Vitamin D (µg)	5.0	4.7	2.9	3.8	3.1	2.6	3.7	3.0	2.6	3.5	4.0	2.4
Vitamin E (mg)	14.4	38.1	7.9	12.0	41.6	6.3	15.3	61.2	6.8	10.4	31.4	6.2
Thiamin (mg)	2.2	0.9	2.0	2.2	0.9	2.1	2.6	2.2	2.2	2.2	1.0	2.1
Riboflavin (mg)	2.1	0.9	1.9	2.1	0.9	1.9	2.4	2.0	2.0	2.1	0.8	2.0
Pre-formed Niacin (mg)	30.5	10.0	28.3	28.1	9.8	26.8	28.6	9.6	27.8	28.3	9.2	27.0
Total Niacin Equivalents (mg)	51.5	14.2	49.2	48.6	13.5	47.5	48.8	13.8	47.7	50.3	14.0	49.2
Vitamin B6 (mg)	3.5	1.8	3.0	3.3	1.5	3.0	3.6	2.6	3.1	3.5	1.3	3.2
Vitamin B12 (µg)	5.6	2.9	5.0	5.8	4.5	4.9	4.8	2.0	4.3	5.4	3.9	4.4
Total folate (µg)	336	160	299	328	114	307	335	131	312	336	125	309
Biotin (µg)	44.8	25.6	39.8	42.9	22.8	39.5	42.9	29.0	37.9	42.7	20.4	40.6
Pantothenate (mg)	6.4	2.3	5.7	6.5	2.9	6.0	6.4	2.8	5.6	6.7	2.1	6.4
Vitamin C (mg)	119	160	94	126	185	78	165	490	70	92	106	71
<b>Women</b>	<i>n=57</i>			<i>n=249</i>			<i>n=156</i>			<i>n=104</i>		
Retinol (µg)	648	695	356	531	569	358	459	504	311	454	669	220
Carotene (µg)	2544	1453	2126	2639	1822	2205	2149	1507	1677	2252	1787	1703
Total Vitamin A (µg)	1072	766	889	971	665	773	817	584	667	830	749	583
Vitamin D (µg)	4.5	4.4	2.8	3.9	4.3	2.3	3.2	3.0	2.1	3.1	3.6	1.6
Vitamin E (mg)	19.9	52.3	7.4	12.8	32.3	6.5	11.0	25.7	5.9	7.2	8.2	5.2
Thiamin (mg)	2.0	1.5	1.7	2.3	4.5	1.5	1.8	2.0	1.5	1.7	1.1	1.4
Riboflavin (mg)	2.1	1.1	1.6	2.3	4.2	1.6	1.7	1.1	1.5	1.6	1.0	1.3
Pre-formed Niacin (mg)	23.1	9.6	20.0	21.6	10.1	19.8	20.6	9.9	19.3	18.8	8.9	17.1
Total Niacin Equivalents (mg)	37.8	11.2	35.8	36.1	12.0	34.5	34.9	11.8	34.0	32.5	12.2	31.5
Vitamin B6 (mg)	3.5	5.4	2.3	3.4	6.1	2.1	3.1	5.6	2.1	2.4	1.9	1.9
Vitamin B12 (µg)	5.0	4.1	4.1	4.2	3.4	3.5	3.4	2.0	3.3	3.7	2.7	3.0
Total folate (µg)	324	275	246	272	135	235	249	120	224	241	130	205
Biotin (µg)	36.8	16.0	32.0	34.9	20.2	31.3	33.7	32.4	27.0	30.8	23.6	26.6
Pantothenate (mg)	5.9	4.6	4.8	5.6	5.4	4.4	4.7	2.0	4.3	4.7	2.7	4.1
Vitamin C (mg)	131	170	89	134	254	77	112	169	62	76	83	54

**Table 3.45 (continued)** Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and Social Class (UK).

	Partly skilled occupations			Unskilled occupations			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>		<i>n=84</i>			<i>n=22</i>			<i>n=20</i>	
Retinol (µg)	439	345	326	975	1199	425	437	269	424
Carotene (µg)	1908	1996	1609	2173	1330	1981	1611	1164	1401
Total Vitamin A (µg)	757	459	641	1337	1279	809	705	309	701
Vitamin D (µg)	3.1	2.5	2.2	3.4	3.2	2.4	2.6	1.7	2.2
Vitamin E (mg)	7.7	6.7	5.9	6.3	3.8	5.7	7.8	4.0	7.5
Thiamin (mg)	2.3	2.8	1.9	2.2	1.0	2.1	2.1	1.2	1.8
Riboflavin (mg)	2.3	3.0	1.8	2.3	1.2	2.0	2.3	0.9	2.3
Pre-formed Niacin (mg)	26.7	10.9	24.8	26.7	10.2	24.1	26.8	8.5	27.3
Total Niacin Equivalents (mg)	46.6	15.4	43.7	47.0	15.5	42.4	48.1	12.9	48.4
Vitamin B6 (mg)	3.6	3.3	2.9	3.3	1.5	2.9	3.4	1.3	3.1
Vitamin B12 (µg)	5.1	3.0	4.6	6.6	5.2	4.3	4.4	1.7	4.4
Total folate (µg)	321	145	311	332	142	294	351	89	325
Biotin (µg)	38.8	15.6	36.6	49.2	38.0	37.1	38.1	10.9	36.3
Pantothenate (mg)	6.3	3.4	5.7	6.5	2.8	5.8	5.6	1.6	5.3
Vitamin C (mg)	88	98	57	138	319	67	124	136	96
<b>Women</b>		<i>n=82</i>			<i>n=24</i>			<i>n=16</i>	
Retinol (µg)	688	1178	299	593	924	256	445	331	322
Carotene (µg)	1855	1138	1611	2159	2008	1578	1436	939	1318
Total Vitamin A (µg)	997	1178	710	953	966	708	684	447	525
Vitamin D (µg)	3.0	2.9	1.9	2.2	2.2	1.8	2.7	2.3	1.6
Vitamin E (mg)	7.4	6.4	5.8	7.4	5.6	5.6	7.4	5.1	5.5
Thiamin (mg)	2.3	6.0	1.4	2.7	5.1	1.6	2.0	2.0	1.4
Riboflavin (mg)	1.7	0.9	1.5	2.6	5.4	1.6	1.8	0.8	1.6
Pre-formed Niacin (mg)	18.3	7.3	17.8	21.5	12.0	18.8	22.6	8.8	20.6
Total Niacin Equivalents (mg)	32.1	10.5	31.2	36.3	13.8	34.0	36.0	10.9	32.5
Vitamin B6 (mg)	4.0	9.7	2.0	4.8	10.5	2.1	2.6	1.6	1.9
Vitamin B12 (µg)	4.5	4.1	3.4	5.4	7.6	2.9	3.3	1.7	2.8
Total folate (µg)	235	103	209	266	133	242	248	92	211
Biotin (µg)	37.8	33.4	29.1	31.5	15.4	30.1	29.0	11.2	24.7
Pantothenate (mg)	5.3	4.0	4.4	6.5	9.8	4.8	4.2	1.8	3.6
Vitamin C (mg)	72	59	60	72	57	55	73	43	66

**Table 3.46** Mean, SD and median values of vitamin intakes from all sources (including supplements) per 10MJ by sex and age group.

Vitamin (Unit per 10MJ)	All ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=662</i>			<i>n= 253</i>			<i>n=236</i>			<i>n=173</i>		
Retinol (µg)	556	764	363	423	425	316	600	793	374	690	1036	394
Carotene (µg)	2389	1941	1943	1974	1863	1599	2687	1837	2330	2587	2088	2190
Total Vitamin A (µg)	954	853	766	752	534	630	1048	853	901	1121	1133	840
Vitamin D (µg)	3.5	3.3	2.3	2.6	2.2	1.9	3.6	3.0	2.5	4.5	4.7	2.8
Vitamin E (mg)	10.7	39.4	6.1	11.2	49.9	6.1	11.5	31.8	6.1	8.9	30.7	6.1
Thiamin (mg)	2.1	1.5	1.9	2.0	1.5	1.7	2.2	1.0	2.0	2.4	2.1	2.1
Riboflavin (mg)	2.0	1.1	1.8	2.0	1.5	1.8	2.1	0.9	1.9	2.0	0.8	1.8
Pre-formed Niacin (mg)	26.3	8.8	24.9	25.9	7.3	24.9	26.5	9.2	25.0	26.4	10.2	24.4
Total Niacin Equivalents (mg)	45.5	10.7	44.1	44.5	9.0	43.8	46.0	11.1	44.4	46.3	12.2	44.5
Vitamin B6 (mg)	3.2	1.8	2.9	3.1	1.8	2.8	3.2	2.0	2.8	3.2	1.3	2.9
Vitamin B12 (µg)	5.1	3.6	4.3	4.4	2.1	4.0	5.2	3.8	4.4	6.0	4.8	4.6
Folate (µg)	308	110	288	296	101	276	316	122	294	316	103	294
Biotin (µg)	39.5	20.1	36.5	35.5	17.8	33.3	42.0	23.2	38.3	42.0	17.9	39.2
Pantothenate (mg)	6.0	2.4	5.6	5.6	2.1	5.1	6.3	2.8	5.8	6.3	1.9	6.1
Vitamin C (mg)	114	273	68	122	384	62	115	191	72	103	142	76
<b>Women</b>	<i>n=717</i>			<i>n= 269</i>			<i>n=286</i>			<i>n=162</i>		
Retinol (µg)	699	929	396	618	693	385	729	1074	399	783	988	421
Carotene (µg)	3175	2400	2507	2651	2072	2155	3260	2316	2593	3895	2824	3189
Total Vitamin A (µg)	1229	1025	941	1060	790	857	1272	1117	954	1432	1154	1029
Vitamin D (µg)	4.6	5.2	2.8	3.7	4.1	2.4	4.5	4.7	2.6	6.2	7.1	4.4
Vitamin E (mg)	13.9	31.6	8.0	11.3	17.4	8.1	15.0	31.7	8.0	16.5	46.1	7.8
Thiamin (mg)	2.8	4.9	2.0	2.4	3.7	1.9	3.1	5.3	2.0	2.9	5.8	2.3
Riboflavin (mg)	2.6	3.8	2.0	2.3	3.3	1.9	3.0	5.1	2.1	2.5	1.2	2.2
Pre-formed Niacin (mg)	27.7	12.2	24.8	26.7	11.1	24.4	28.8	13.2	25.2	27.6	11.9	24.8
Total Niacin Equivalents (mg)	46.7	14.0	44.0	44.7	13.3	42.3	48.0	14.7	45.1	47.7	13.6	44.4
Vitamin B6 (mg)	4.4	8.7	2.8	4.0	8.8	2.7	4.8	9.0	2.7	4.3	8.0	3.0
Vitamin B12 (µg)	5.5	4.6	4.4	4.8	4.1	4.0	5.9	5.1	4.4	5.9	4.4	5.0
Folate (µg)	348	192	302	325	144	292	353	185	297	377	258	326
Biotin (µg)	45.5	33.1	39.1	42.9	41.8	34.1	46.9	28.1	40.8	47.2	23.4	44.0
Pantothenate (mg)	7.0	5.8	5.8	6.2	4.7	5.4	7.7	7.5	5.8	7.3	3.7	6.6
Vitamin C (mg)	148	252	90	134	266	87	150	237	87	169	255	103

**Table 3.47** Mean, SD and median values of vitamin intakes from food sources (excluding supplements) per 10 MJ by sex and age group.

Vitamin (Unit per 10 MJ)	All Ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=662</i>			<i>n=253</i>			<i>n=236</i>			<i>n=173</i>		
Retinol (µg)	473	704	337	364	347	294	494	742	356	603	969	360
Carotene (µg)	2378	1941	1941	1970	1863	1593	2672	1845	2310	2572	2083	2147
Total Vitamin A (µg)	869	785	717	692	463	597	940	800	802	1032	1049	800
Vitamin D (µg)	3.0	2.8	2.1	2.3	1.6	1.8	3.0	2.3	2.3	3.9	4.1	2.6
Vitamin E (mg)	6.1	2.5	5.8	6.1	2.4	5.9	6.2	2.7	5.8	5.9	2.5	5.7
Thiamin (mg)	1.9	1.0	1.9	1.8	0.5	1.7	2.0	0.5	1.9	2.2	1.8	2.1
Riboflavin (mg)	1.8	0.5	1.8	1.8	0.5	1.7	1.9	0.5	1.8	1.9	0.5	1.8
Pre-formed Niacin (mg)	25.1	7.0	24.4	25.0	6.0	24.7	25.1	6.6	24.4	25.4	8.7	24.0
Total Niacin Equivalents (mg)	44.4	9.2	43.5	43.6	8.1	43.0	44.5	9.1	43.6	45.3	10.9	43.5
Vitamin B6 (mg)	2.9	0.8	2.8	2.8	0.7	2.7	2.9	0.7	2.8	3.0	0.9	2.9
Vitamin B12 (µg)	4.9	3.2	4.2	4.3	1.9	3.9	4.9	3.4	4.3	5.7	4.2	4.6
Folate (µg)	294	88	278	285	88	271	295	90	283	304	83	287
Biotin (µg)	37.2	10.5	36.3	33.7	9.1	33.2	39.0	11.4	37.8	39.9	9.9	39.2
Pantothenate (mg)	5.6	1.5	5.5	5.2	1.2	5.0	5.8	1.2	5.7	6.1	1.2	6.0
Vitamin C (mg)	77	63	64	68	42	59	84	88	66	81	41	71
<b>Women</b>	<i>n=717</i>			<i>n=269</i>			<i>n=286</i>			<i>n=162</i>		
Retinol (µg)	523	717	366	465	577	362	545	801	374	580	765	359
Carotene (µg)	3134	2327	2489	2608	2007	2110	3216	2176	2557	3863	2825	3135
Total Vitamin A (µg)	1045	816	841	900	666	720	1081	859	864	1224	922	957
Vitamin D (µg)	3.4	3.6	2.4	2.6	1.9	2.1	3.3	2.9	2.4	4.8	5.7	3.3
Vitamin E (mg)	7.7	3.1	7.2	7.9	3.0	7.4	7.6	2.8	7.1	7.5	3.6	7.1
Thiamin (mg)	2.0	0.6	1.9	1.9	0.6	1.8	2.0	0.5	1.9	2.2	0.7	2.1
Riboflavin (mg)	2.0	0.6	1.9	1.8	0.6	1.8	2.0	0.6	1.9	2.2	0.7	2.1
Pre-formed Niacin (mg)	25.0	7.3	23.8	24.6	7.2	23.5	25.2	7.0	24.4	25.2	8.2	23.7
Total Niacin Equivalents (mg)	43.9	9.9	42.8	42.5	9.9	41.5	44.5	9.5	43.8	45.3	10.4	43.9
Vitamin B6 (mg)	2.8	0.9	2.6	2.7	0.9	2.5	2.7	0.8	2.6	3.0	1.0	2.9
Vitamin B12 (µg)	4.9	3.2	4.2	4.3	2.9	3.8	5.1	3.4	4.3	5.5	3.2	4.9
Folate (µg)	302	98	288	283	85	278	303	99	286	334	108	319
Biotin (µg)	5.8	1.5	5.6	5.3	1.5	5.2	5.8	1.4	5.7	6.4	1.5	6.2
Pantothenate (mg)	39.8	12.6	38.3	34.8	11.1	33.4	42.4	12.9	40.3	43.8	11.7	42.9
Vitamin C (mg)	97	60	81	91	57	77	97	60	81	107	65	93

**Table 3.48** Mean, SD and median values of vitamin intakes from all sources per 10 MJ (excluding energy from ethanol) by sex and age group.

Vitamin (Unit per 10 MJ excl energy from ethanol)	All Ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=662</i>			<i>n=253</i>			<i>n=236</i>			<i>n=173</i>		
Retinol (µg)	593	820	387	455	467	351	634	839	399	737	1118	405
Carotene (µg)	2538	2097	2097	2107	1955	1651	2837	1909	2440	2761	2264	2418
Total Vitamin A (µg)	1016	919	797	807	572	681	1107	901	942	1197	1245	866
Vitamin D (µg)	3.7	3.6	2.5	2.8	2.3	2.0	3.8	3.1	2.7	4.8	5.0	2.9
Vitamin E (mg)	11.4	41.6	6.3	11.7	50.0	6.5	12.1	32.6	6.4	9.9	39.0	6.2
Thiamin (mg)	2.3	1.7	2.0	2.1	1.5	1.8	2.3	1.0	2.1	2.5	2.5	2.2
Riboflavin (mg)	2.2	1.2	1.9	2.2	1.6	1.9	2.2	0.9	2.0	2.1	0.9	1.9
Pre-formed Niacin (mg)	28.3	10.7	26.4	28.4	9.3	26.8	28.3	10.4	26.1	28.4	12.8	25.6
Total Niacin Equivalents (mg)	48.9	13.5	46.5	48.5	12.1	46.1	48.8	13.1	46.6	49.5	15.9	46.6
Vitamin B6 (mg)	3.4	1.9	3.0	3.4	2.0	3.0	3.4	2.1	3.0	3.5	1.6	3.1
Vitamin B12 (µg)	5.4	3.9	4.6	4.8	2.3	4.4	5.5	4.0	4.6	6.4	5.2	5.0
Folate (µg)	332	126	307	324	120	301	336	133	308	337	126	307
Biotin (µg)	42.5	22.4	39	38.8	20.0	36.2	44.7	25.9	40.0	44.8	20.0	41.2
Pantothenate (mg)	6.4	2.5	6.0	6.0	2.2	5.6	6.7	3.0	6.0	6.7	2.1	6.4
Vitamin C (mg)	121	280	73	127	384	67	122	201	75	111	172	79
<b>Women</b>	<i>n=717</i>			<i>n=269</i>			<i>n=286</i>			<i>n=162</i>		
Retinol (µg)	726	969	409	653	752	404	756	1123	411	793	995	437
Carotene (µg)	3281	2469	2596	2781	2148	2288	3374	2425	2700	3945	2853	3208
Total Vitamin A (µg)	1273	1065	963	1117	847	897	1319	1170	968	1451	1161	1047
Vitamin D (µg)	4.8	5.4	2.9	3.9	4.3	2.5	4.7	4.9	2.7	6.4	7.5	4.4
Vitamin E (mg)	14.5	33.6	8.3	12.0	20.4	8.4	15.7	34.4	8.5	16.8	47.1	8.2
Thiamin (mg)	2.9	5.1	2.1	2.5	3.7	2.0	3.2	5.6	2.1	3.0	5.9	2.3
Riboflavin (mg)	2.7	4.0	2.1	2.5	3.3	2.0	3.1	5.4	2.1	2.5	1.2	2.2
Pre-formed Niacin (mg)	28.8	12.9	25.7	28.3	12.1	25.7	29.9	13.9	26.1	28.0	12.1	25.0
Total Niacin Equivalents (mg)	48.5	14.9	45.9	47.2	14.5	45.0	49.8	15.7	46.8	48.4	13.9	45.2
Vitamin B6 (mg)	4.6	9.1	2.9	4.2	9.2	2.8	5.0	9.5	2.8	4.4	8.2	3.0
Vitamin B12 (µg)	5.7	4.8	4.5	5.0	4.3	4.1	6.1	5.3	4.5	6.0	4.4	5.1
Folate (µg)	361	198	312	343	156	304	365	193	307	383	259	338
Biotin (µg)	47.3	35.2	40.2	45.4	45.1	35.0	48.7	29.8	42.3	48.0	23.7	44.4
Pantothenate (mg)	7.3	6.1	6.0	6.5	4.8	5.7	8.0	7.9	6.1	7.4	3.7	6.7
Vitamin C (mg)	154	260	93	140	274	92	156	247	88	171	259	104

**Table 3.49** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and geographical location.

Vitamin (Unit per 10 MJ)	Open country/village			Small Town			Large Town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=251</i>			<i>n=76</i>			<i>n=111</i>			<i>n=224</i>		
Retinol (µg)	533	664	368	486	790	317	559	729	358	604	873	376
Carotene (µg)	2486	1757	2100	2068	1221	1941	2256	1451	1901	2454	2470	1829
Total Vitamin A (µg)	947	744	809	831	843	655	935	732	727	1013	1011	745
Vitamin D (µg)	3.1	2.6	2.2	3.4	3.7	2.3	3.9	4.1	2.4	3.8	3.5	2.5
Vitamin E (mg)	11.1	52.3	5.4	7.0	8.7	5.4	7.1	4.4	6.4	13.3	38.6	6.6
Thiamin (mg)	2.1	0.9	2.0	2.0	1.1	1.9	2.1	0.9	1.9	2.3	2.3	1.9
Riboflavin (mg)	1.9	0.6	1.8	1.9	0.9	1.7	2.0	0.8	1.8	2.2	1.7	1.9
Pre-formed Niacin (mg)	24.5	7.0	23.0	27.0	9.3	26.0	26.6	8.5	25.5	27.9	10.2	26.6
Total Niacin Equivalentents (mg)	43.5	8.7	41.9	46.0	10.5	45.3	45.8	10.9	44.6	47.4	12.2	46.3
Vitamin B6 (mg)	3.1	0.9	2.9	3.4	2.9	2.8	3.1	1.2	2.8	3.4	2.2	2.8
Vitamin B12 (µg)	4.9	2.9	4.3	4.6	3.4	3.9	5.2	4.2	4.3	5.4	4.2	4.4
Folate (µg)	298	85	287	310	133	287	309	111	274	320	125	299
Biotin (µg)	37.0	13.5	35.5	35.5	10.0	35.5	41.4	23.7	36.5	42.7	25.6	37.9
Pantothenate (mg)	5.9	1.3	5.8	5.9	2.4	5.4	6.0	2.3	5.5	6.3	3.2	5.4
Vitamin C (mg)	118	360	63	79	58	68	95	91	68	132	263	73
<b>Women</b>	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Retinol (µg)	716	951	392	530	516	363	718	827	442	727	1039	395
Carotene (µg)	3562	2585	2862	3064	1923	2711	2958	2273	2420	2955	2377	2319
Total Vitamin A (µg)	1309	1086	1005	1041	652	872	1211	881	986	1220	1111	885
Vitamin D (µg)	4.8	5.4	2.8	3.8	4.1	2.5	4.4	4.2	2.6	4.8	5.8	2.9
Vitamin E (mg)	11.7	20.2	7.7	11.9	10.7	8.5	12.5	20.2	8.1	17.2	45.1	8.3
Thiamin (mg)	2.9	5.6	2.1	2.9	4.5	2.0	2.6	2.8	2.0	2.8	5.1	1.9
Riboflavin (mg)	2.6	3.2	2.1	2.6	4.3	2.0	2.5	1.8	2.1	2.8	4.8	2.0
Pre-formed Niacin (mg)	27.1	11.8	24.8	27.5	12.3	24.5	29.0	13.2	25.7	27.8	12.1	24.9
Total Niacin Equivalentents (mg)	46.2	13.8	44.2	45.8	13.7	43.2	48.3	14.7	45.3	46.7	14.0	43.6
Vitamin B6 (mg)	4.4	8.5	3.0	5.3	12.7	2.8	3.9	5.9	2.8	4.3	8.5	2.6
Vitamin B12 (µg)	5.8	5.3	4.5	5.0	3.2	4.3	5.1	3.4	4.3	5.5	4.7	4.4
Folate (µg)	353	161	306	340	154	300	346	150	309	346	238	296
Biotin (µg)	44.7	29.6	40.1	36.7	11.7	34.4	47.5	30.2	40.4	47.9	40.5	38.5
Pantothenate (mg)	7.1	5.1	6.0	6.4	4.5	5.7	7.2	5.4	5.9	7.1	6.9	5.6
Vitamin C (mg)	146	232	87	117	140	89	138	169	97	164	318	90

**Table 3.50** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and level of education.

Vitamin (Unit per 10 MJ)	Primary education			Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=140</i>			<i>n=128</i>			<i>n=113</i>			<i>n=266</i>		
Retinol (µg)	623	843	368	663	1174	367	439	318	364	519	591	352
Carotene (µg)	2285	2010	1922	2404	2022	1824	2468	2577	1809	2427	1545	2070
Total Vitamin A (µg)	1004	962	822	1064	1228	755	850	516	722	923	674	755
Vitamin D (µg)	3.5	3.1	2.5	2.8	2.3	2.2	3.8	4.2	2.4	3.7	3.5	2.3
Vitamin E (mg)	6.6	4.2	5.6	10.3	36.3	5.7	12.0	40.5	5.8	12.2	49.0	6.4
Thiamin (mg)	2.4	2.3	2.0	2.0	0.7	1.9	2.0	0.9	1.8	2.2	1.6	1.9
Riboflavin (mg)	2.0	0.8	1.8	1.9	0.6	1.8	1.9	0.8	1.8	2.1	1.6	1.9
Pre-formed Niacin (mg)	25.2	8.0	24.2	25.0	6.3	23.8	25.5	7.3	24.9	27.8	10.5	26.0
Total Niacin Equivalentents (mg)	44.8	9.9	43.9	45.0	8.3	43.0	44.5	10.0	43.8	46.9	12.1	45.3
Vitamin B6 (mg)	3.2	1.1	3.1	3.0	1.2	2.8	3.1	1.4	2.8	3.3	2.4	2.8
Vitamin B12 (µg)	5.4	3.8	4.4	5.2	4.9	4.2	4.5	1.8	4.3	5.1	3.5	4.3
Folate (µg)	314	96	302	293	85	281	299	92	274	317	133	288
Biotin (µg)	39.2	19.9	36.8	38.1	17.7	35.5	37.8	22.4	35.7	41.0	20.6	37.2
Pantothenate (mg)	6.2	1.6	6.0	5.9	1.7	5.5	5.6	1.5	5.4	6.3	3.2	5.5
Vitamin C (mg)	74	49	63	92	162	62	126	212	67	143	388	74
<b>Women</b>	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Retinol (µg)	712	922	399	775	1307	375	778	960	432	620	608	397
Carotene (µg)	3021	2289	2505	3200	2656	2427	3165	2094	2593	3258	2482	2559
Total Vitamin A (µg)	1216	1011	901	1308	1371	871	1305	1073	1005	1163	750	986
Vitamin D (µg)	4.9	6.2	2.7	4.0	4.3	2.4	4.9	5.5	2.9	4.7	5.1	3.1
Vitamin E (mg)	9.0	7.6	7.1	12.4	21.0	7.6	16.6	44.9	8.2	16.6	36.7	8.9
Thiamin (mg)	2.6	2.4	2.1	2.6	5.1	1.9	3.3	7.4	2.0	2.8	4.3	2.0
Riboflavin (mg)	2.5	2.3	2.2	2.5	4.2	1.9	2.7	4.0	2.1	2.9	4.3	2.1
Pre-formed Niacin (mg)	27.0	11.6	24.5	26.8	13.0	24.6	28.2	12.8	24.4	28.6	11.8	25.8
Total Niacin Equivalentents (mg)	46.4	13.3	43.9	45.4	14.8	43.2	47.2	14.5	43.4	47.4	13.8	45.0
Vitamin B6 (mg)	4.0	6.2	3.0	4.4	10.1	2.6	5.4	12.1	2.8	4.2	6.8	2.8
Vitamin B12 (µg)	6.0	5.8	4.6	5.3	4.8	4.1	5.8	4.9	4.5	5.2	3.4	4.5
Folate (µg)	356	158	324	325	154	278	369	283	300	350	169	311
Biotin (µg)	46.8	35.6	40.8	40.2	21.9	37.7	47.6	35.7	36.7	47.2	36.2	40.3
Pantothenate (mg)	7.3	5.6	6.0	6.6	5.6	5.6	7.4	6.4	5.8	7.0	5.9	5.7
Vitamin C (mg)	123	156	84	136	322	77	173	287	93	160	236	104

**Table 3.51** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and Social Class (Ireland).

Vitamin (Unit per 10 MJ)	Professional Workers			Managerial and Technical			Non-Manual			Skilled Manual		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>		<i>n=61</i>			<i>n=207</i>			<i>n=91</i>			<i>n=155</i>	
Retinol (µg)	606	633	405	639	1032	370	501	458	364	488	563	349
Carotene (µg)	2980	2845	2675	2774	1747	2442	2361	2177	1860	2125	1544	1777
Total Vitamin A (µg)	1102	792	906	1102	1087	839	894	661	749	842	612	732
Vitamin D (µg)	3.8	3.6	2.5	3.7	3.3	2.6	3.8	3.5	2.4	3.2	3.3	2.1
Vitamin E (mg)	11.2	31.4	6.1	12.3	39.6	6.3	15.7	74.6	6.2	9.6	29.8	5.4
Thiamin (mg)	2.0	0.7	1.9	2.1	0.8	1.9	2.5	2.8	2.0	1.9	0.6	1.9
Riboflavin (mg)	1.9	0.6	1.8	2.1	0.8	1.9	2.2	1.3	1.9	1.8	0.5	1.7
Pre-formed Niacin (mg)	26.2	7.7	25.6	27.6	9.5	26.0	27.3	10.3	25.4	24.7	7.4	23.7
Total Niacin Equivalents (mg)	45.5	9.3	45.3	47.1	11.3	46.0	46.4	12.3	44.4	44.1	9.6	42.8
Vitamin B6 (mg)	3.2	1.4	2.8	3.3	1.4	2.9	3.4	2.9	2.7	3.0	0.9	2.9
Vitamin B12 (µg)	5.0	2.3	4.5	5.6	4.7	4.6	4.7	1.7	4.5	4.8	3.4	4.0
Folate (µg)	302	109	266	320	112	297	316	139	287	297	94	277
Biotin (µg)	40.3	23.3	37.4	41.7	21.6	37.6	38.7	21.8	35.1	37.3	14.7	35.8
Pantothenate (mg)	6.0	1.9	5.7	6.4	2.9	5.8	6.1	2.6	5.4	5.8	1.5	5.6
Vitamin C (mg)	102	134	80	135	218	75	143	564	63	81	84	65
<b>Women</b>		<i>n=71</i>			<i>n=232</i>			<i>n=162</i>			<i>n=106</i>	
Retinol (µg)	747	907	411	734	840	432	578	581	389	653	877	347
Carotene (µg)	3237	1972	2690	3648	2744	2914	2903	2060	2240	3104	2422	2564
Total Vitamin A (µg)	1286	1012	1001	1342	988	1052	1062	667	851	1171	993	853
Vitamin D (µg)	6.1	6.4	3.8	5.2	5.7	3.2	4.2	4.1	2.7	4.6	6.2	2.6
Vitamin E (mg)	23.8	62.6	9.3	16.5	36.5	8.8	12.6	24.5	8.0	9.7	9.6	7.4
Thiamin (mg)	2.6	2.0	2.0	3.0	5.4	2.0	2.6	3.7	2.0	2.9	7.2	2.0
Riboflavin (mg)	2.6	1.5	2.2	3.0	5.0	2.1	2.5	3.2	2.0	2.1	1.0	1.9
Pre-formed Niacin (mg)	29.2	11.5	25.4	29.3	13.7	25.8	27.4	11.7	24.4	25.6	9.0	23.6
Total Niacin Equivalents (mg)	48.0	12.8	43.6	48.4	15.6	45.6	46.1	13.6	44.3	44.7	11.0	42.9
Vitamin B6 (mg)	5.1	9.5	2.8	4.3	7.5	2.8	4.2	7.7	2.9	3.6	8.1	2.7
Vitamin B12 (µg)	5.9	4.7	4.8	5.7	4.5	4.5	4.7	2.7	4.2	5.1	3.7	4.1
Folate (µg)	407	362	323	361	182	317	332	149	293	335	166	288
Biotin (µg)	46.9	20.5	42.1	46.1	23.9	41.4	44.9	45.4	35.4	43.5	36.2	40.1
Pantothenate (mg)	7.8	6.8	5.9	7.3	6.9	5.7	6.5	3.9	5.7	6.4	3.1	5.8
Vitamin C (mg)	169	233	123	180	330	101	159	278	89	113	149	75

**Table 3.51 (continued)** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and Social Class (Ireland).

Vitamin (Unit per 10 MJ)	Semi-skilled			Unskilled			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>		<i>n=81</i>			<i>n=31</i>			<i>n=20</i>	
Retinol (µg)	458	515	339	784	1190	445	350	162	345
Carotene (µg)	2095	2130	1502	1786	1301	1527	1431	1175	1014
Total Vitamin A (µg)	807	607	623	1082	1312	714	589	230	524
Vitamin D (µg)	3.4	4.0	2.2	2.8	2.2	2.1	2.1	1.1	1.9
Vitamin E (mg)	6.7	3.8	5.9	5.3	2.8	4.6	6.4	3.1	6.1
Thiamin (mg)	2.2	2.2	1.8	2.3	2.1	1.8	1.8	1.1	1.5
Riboflavin (mg)	2.1	2.3	1.8	2.2	1.3	1.9	2.0	0.9	1.8
Pre-formed Niacin (mg)	25.8	8.1	24.0	24.9	9.5	22.6	22.6	6.2	22.5
Total Niacin Equivalents (mg)	44.7	10.0	43.1	43.6	10.2	41.4	40.5	8.5	42.8
Vitamin B6 (mg)	3.4	2.6	2.8	3.0	1.2	2.8	2.9	1.1	2.7
Vitamin B12 (µg)	4.9	2.8	4.4	5.8	5.7	4.0	3.8	1.6	3.6
Folate (µg)	307	120	287	282	78	276	297	71	307
Biotin (µg)	37.9	14.2	35.9	39.8	24.6	33.1	32.1	7.1	31.9
Pantothenate (mg)	6.1	2.9	5.7	5.8	1.5	5.5	4.7	1.1	4.7
Vitamin C (mg)	115	288	60	59	33	49	103	104	83
<b>Women</b>		<i>n=87</i>			<i>n=17</i>			<i>n=14</i>	
Retinol (µg)	826	1561	379	881	1383	348	519	371	350
Carotene (µg)	2699	2283	2249	2243	1872	1763	1974	1268	1669
Total Vitamin A (µg)	1276	1568	841	1255	1455	775	848	499	656
Vitamin D (µg)	3.3	3.4	2.3	2.9	2.6	1.9	3.7	3.1	2.2
Vitamin E (mg)	9.5	10.0	6.8	9.3	6.9	7.4	9.8	6.8	7.7
Thiamin (mg)	2.2	1.6	2.0	3.5	5.8	2.1	2.8	2.5	2.0
Riboflavin (mg)	2.2	1.1	1.9	3.6	6.1	2.0	2.4	1.1	2.1
Pre-formed Niacin (mg)	24.1	9.6	22.9	26.9	12.5	26.6	30.3	12.5	29.2
Total Niacin Equivalents (mg)	42.6	11.9	41.1	45.6	13.0	47.2	48.2	15.4	48.5
Vitamin B6 (mg)	4.7	12.7	2.7	6.8	12.4	3.0	3.6	2.6	2.8
Vitamin B12 (µg)	5.8	5.2	4.3	7.5	9.5	4.6	4.3	2.1	3.3
Folate (µg)	306	123	277	349	136	325	338	142	260
Biotin (µg)	47.7	39.0	38.2	43.0	15.9	39.8	37.4	13.2	32.7
Pantothenate (mg)	6.8	4.8	5.8	8.8	10.9	5.9	5.5	2.6	4.6
Vitamin C (mg)	90	57	74	83	66	68	95	48	87

**Table 3.52** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and Social Class (UK).

Vitamin (Unit per 10 MJ)	Professional occupations			Managerial and Technical occupations			Non-manual (skilled)			Manual (skilled)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>	<i>n=51</i>			<i>n=230</i>			<i>n=76</i>			<i>n=161</i>		
Retinol (µg)	622	735	396	638	985	379	482	431	336	496	604	356
Carotene (µg)	3208	3121	2699	2684	1669	2402	2469	2358	1885	2142	1528	1777
Total Vitamin A (µg)	1157	910	954	1085	1035	829	893	675	757	853	645	706
Vitamin D (µg)	4.8	4.5	3.2	3.7	3.1	2.6	3.7	3.6	2.2	3.1	3.5	2.1
Vitamin E (mg)	13.1	34.2	7.3	11.6	37.9	6.1	17.1	81.4	6.2	9.2	29.1	5.4
Thiamin (mg)	2.1	0.8	1.9	2.1	0.9	1.9	2.5	3.0	2.0	2.0	1.1	1.9
Riboflavin (mg)	2.0	0.7	1.9	2.0	0.8	1.8	2.2	1.3	1.9	1.9	0.7	1.8
Pre-formed Niacin (mg)	28.4	6.9	27.9	27.0	10.0	25.4	26.9	9.3	25.3	25.1	7.9	23.7
Total Niacin Equivalents (mg)	48.1	8.5	47.6	46.4	11.7	44.6	45.7	11.6	44.2	44.4	10.0	42.8
Vitamin B6 (mg)	3.2	1.4	2.9	3.2	2.0	2.9	3.3	2.1	2.8	3.1	1.0	2.9
Vitamin B12 (µg)	5.3	2.9	4.8	5.5	4.5	4.5	4.4	1.7	4.0	4.8	3.4	4.0
Folate (µg)	309	113	297	317	118	292	313	122	274	295	95	280
Biotin (µg)	41.9	24.8	38.0	40.9	20.8	37.4	39.3	23.7	35.1	36.9	14.5	35.3
Pantothenate (mg)	6.1	2.0	5.7	6.3	2.9	5.7	6.0	2.1	5.4	5.8	1.5	5.7
Vitamin C (mg)	112	145	82	128	211	73	170	623	65	80	80	64
<b>Women</b>	<i>n=57</i>			<i>n=249</i>			<i>n=156</i>			<i>n=104</i>		
Retinol (µg)	848	1002	431	702	805	437	579	581	389	610	860	305
Carotene (µg)	3199	1856	2690	3593	2613	2889	2815	1887	2240	3266	2855	2421
Total Vitamin A (µg)	1382	1111	1017	1301	948	1037	1048	660	847	1154	990	829
Vitamin D (µg)	5.9	6.4	3.8	5.1	5.6	3.1	4.2	4.0	2.8	4.5	6.6	2.4
Vitamin E (mg)	25.5	69.3	9.5	15.7	34.9	8.6	13.3	25.4	8.0	10.4	13.9	7.1
Thiamin (mg)	2.6	2.2	2.0	3.1	5.6	2.1	2.4	2.3	2.0	2.3	1.5	2.0
Riboflavin (mg)	2.6	1.6	2.2	3.0	5.3	2.1	2.2	1.3	1.9	2.2	1.5	1.8
Pre-formed Niacin (mg)	29.5	12.5	26.1	28.8	13.0	25.3	27.3	11.4	25.0	26.3	10.9	24.4
Total Niacin Equivalents (mg)	48.2	14.0	43.6	47.8	14.8	44.8	46.2	13.3	44.4	45.4	13.0	43.0
Vitamin B6 (mg)	4.6	8.0	2.8	4.5	8.1	2.8	4.0	7.2	2.7	3.4	3.1	2.7
Vitamin B12 (µg)	6.4	5.4	5.1	5.5	4.4	4.4	4.5	2.3	4.1	5.3	3.8	4.2
Folate (µg)	417	401	322	359	173	316	326	141	294	342	186	291
Biotin (µg)	47.2	22.4	42.1	45.7	22.9	41.0	44.8	46.0	35.5	43.5	36.0	40.2
Pantothenate (mg)	7.6	6.6	5.9	7.4	7.1	5.8	6.2	2.7	5.6	6.6	3.5	5.7
Vitamin C (mg)	172	252	124	178	317	100	159	289	86	110	140	78

**Table 3.52 (continued)** Mean, SD and median values of vitamin intakes from all sources per 10 MJ by sex and Social Class (UK).

Vitamin (Unit per 10 MJ)	Partly skilled occupations			Unskilled occupations			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Men</b>		<i>n=84</i>			<i>n=22</i>			<i>n=20</i>	
Retinol (µg)	418	352	327	946	1380	468	350	162	345
Carotene (µg)	1845	1994	1493	2057	1454	1922	1431	1175	1014
Total Vitamin A (µg)	725	461	610	1289	1514	835	589	230	524
Vitamin D (µg)	3.0	2.7	2.0	3.1	2.4	2.1	2.1	1.1	1.9
Vitamin E (mg)	7.1	5.0	5.9	5.6	2.7	4.6	6.4	3.1	6.1
Thiamin (mg)	2.2	2.1	1.8	2.0	0.6	1.9	1.8	1.1	1.5
Riboflavin (mg)	2.1	2.2	1.8	2.1	0.8	2.0	2.0	0.9	1.8
Pre-formed Niacin (mg)	25.3	7.3	23.7	24.7	7.4	25.3	22.6	6.2	22.5
Total Niacin Equivalents (mg)	44.3	9.2	43.1	43.1	8.8	43.4	40.5	8.5	42.8
Vitamin B6 (mg)	3.3	2.4	2.8	2.9	0.7	2.8	2.9	1.1	2.7
Vitamin B12 (µg)	4.8	2.4	4.4	6.5	6.7	4.9	3.8	1.6	3.6
Folate (µg)	303	107	288	301	86	276	297	71	307
Biotin (µg)	37.0	12.0	36.2	44.5	28.2	33.0	32.1	7.1	31.9
Pantothenate (mg)	6.0	2.5	5.5	5.9	1.7	5.4	4.7	1.1	4.7
Vitamin C (mg)	83	94	58	174	531	57	103	104	83
<b>Women</b>		<i>n=82</i>			<i>n=24</i>			<i>n=16</i>	
Retinol (µg)	932	1623	384	726	1186	347	572	430	379
Carotene (µg)	2771	2391	2257	2511	1795	2169	1929	1280	1669
Total Vitamin A (µg)	1394	1638	967	1145	1245	803	894	562	656
Vitamin D (µg)	4.0	3.9	2.6	2.6	2.1	1.9	3.4	3.0	1.9
Vitamin E (mg)	10.0	9.1	7.8	8.5	5.9	7.2	9.5	6.5	7.7
Thiamin (mg)	3.1	8.2	2.0	3.0	4.9	2.0	2.6	2.3	2.0
Riboflavin (mg)	2.3	1.2	2.1	3.0	5.2	1.8	2.4	1.0	2.1
Pre-formed Niacin (mg)	25.2	10.2	23.2	25.6	11.5	24.4	29.7	12.0	29.2
Total Niacin Equivalents (mg)	43.8	12.1	41.9	43.6	13.3	43.3	47.3	14.9	48.5
Vitamin B6 (mg)	5.9	15.7	2.7	5.5	10.6	2.8	3.5	2.5	2.7
Vitamin B12 (µg)	6.2	5.4	4.6	6.5	8.2	4.2	4.2	2.0	3.3
Folate (µg)	323	136	300	317	126	313	329	135	264
Biotin (µg)	50.9	40.9	40.5	37.8	15.2	38.4	37.9	13.8	32.7
Pantothenate (mg)	7.2	5.2	6.1	7.4	9.4	5.6	5.5	2.4	4.6
Vitamin C (mg)	101	86	77	85	57	72	95	50	87





























