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Figure 4-1, Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc, 2001

Figure 8-1, Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids, 2000

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