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Nota di contenuto	Front Matter; Preface; Contents; Summary; 1 Introduction to Dietary Reference Intakes; 2 The B Vitamins and Choline: Overview and Methods; 3 A Model for the Development of Tolerable Upper Intake Levels; 4 Thiamin; 5 Riboflavin; 6 Niacin; 7 Vitamin B6; 8 Folate; 9 Vitamin B12; 10 Pantothenic Acid; 11 Biotin; 12 Choline; 13 Uses of Dietary Reference Intakes; 14 A Research Agenda; A Origin and Framework of the Development of Dietary Reference Intakes; B Acknowledgments; C Systeme International d'Unites; D Search Strategies E Methodological Problems Associated with Laboratory Values and Food Composition Data for B Vitamins F Dietary Intake Data from the Boston Nutritional Status Survey, 1981-1984; G Dietary Intake Data from the Continuing Survey of Food Intakes by Individuals (CSFII), 1994-1995; H Dietary Intake Data from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994; I Daily Intakes of B Vitamins by Canadian Men and Women, 1990, 1993; J Options for Dealing with Uncertainties in Developing Tolerable Upper Intake Levels K Blood Concentrations of Folate and Vitamin B12 from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994 L Methylene tetrahydrofolate Reductase; M Evidence from Animal Studies on the Etiology of Neural Tube Defects; N Estimation of the

Period Covered by Vitamin B12 Stores; O Biographical Sketches; P  
Glossary and Abbreviations; Index

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