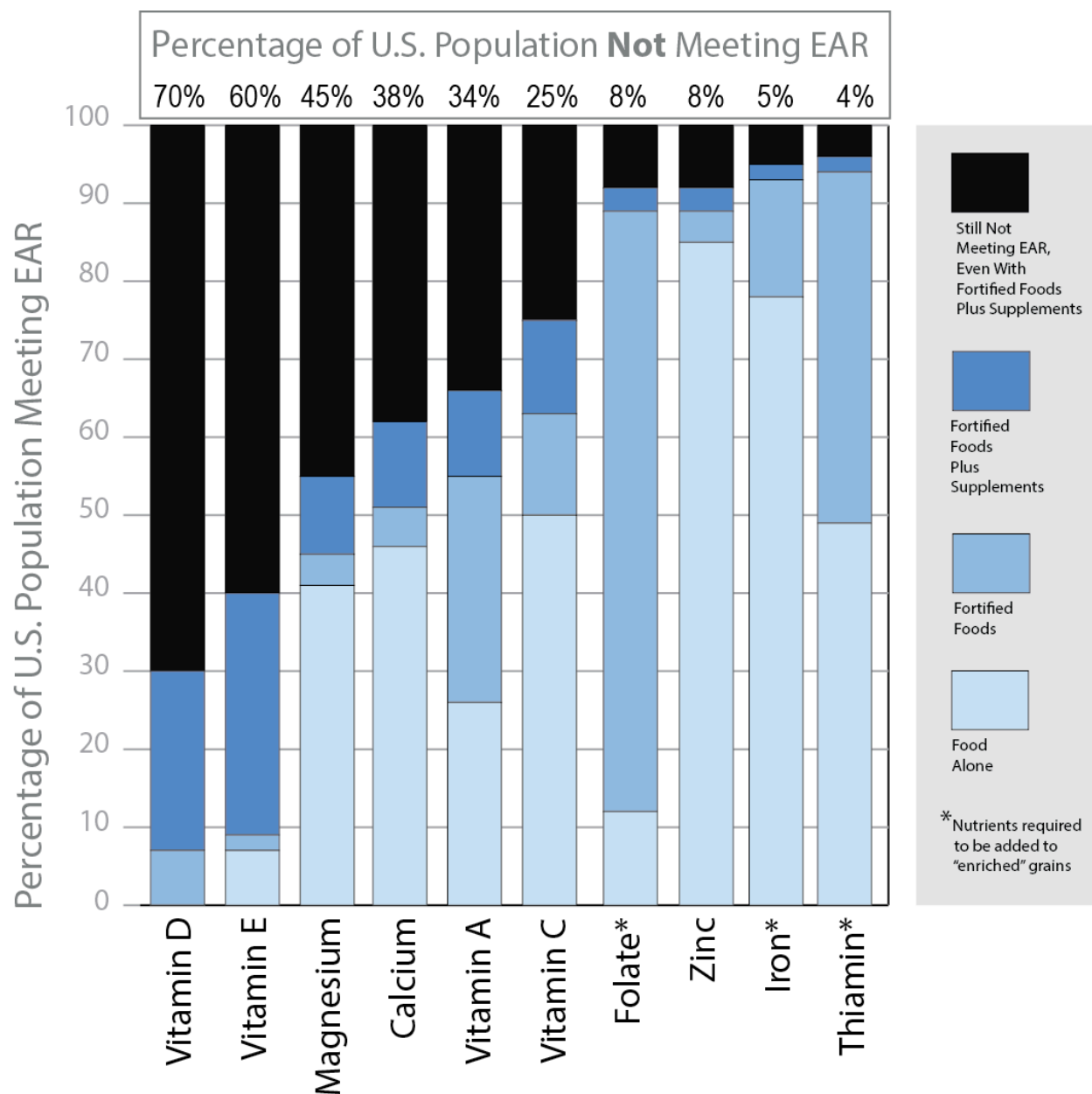


Americans are not at risk for over-nutrition—in fact, even with fortification and supplements, there are nutrient shortfalls.



Source on EARs: Institute of Medicine Dietary Reference Intakes / Age range 19 years+ unless otherwise stated

Data derived from: "Foods, fortificants and supplements: Where do Americans get their nutrients?" Journal of Nutrition 2011. 141:1847-1854.