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|  | **Rural Females** | **Rural Males** | **Urban Females** | **Urban Males** |
| **Nutrient** | **Fortification Level** | **Overage Guideline** | **Summer** | **Winter** | **Summer** | **Winter** | **Summer** | **Winter** | **Summer** | **Winter** |
| Thiamin | 0 | None | 65.0 | 81.9 | 36.2 | 53.4 | 58.4 | 73.5 | 53.3 | 62.5 |
| 1 | None | 29.7 | 43.9 | 16.1 | 9.6 | 31.8 | 48.9 | 22.3 | 31.9 |
| PS | 18.8 | 29.8 | 10.9 | 3.8 | 22.6 | 38.7 | 12.9 | 20.2 |
| PSC | 14.3 | 23.2 | 9.2 | 2.4 | 19.0 | 34.1 | 9.5 | 15.0 |
| 2 | None | 8.5 | 17.8 | 7.1 | 1.4 | 15.8 | 30.5 | 7.1 | 11.9 |
| PS | 2.3 | 7.5 | 3.6 | 0.2 | 8.2 | 18.8 | 1.9 | 4.0 |
| PSC | 1.2 | 4.4 | 2.6 | 0.1 | 5.8 | 14.7 | 1.0 | 2.1 |
| 3 | None | 1.8 | 6.8 | 3.4 | 0.2 | 8.1 | 18.8 | 1.9 | 4.0 |
| PS | 0.2 | 2.0 | 1.4 | 0.0 | 3.1 | 9.5 | 0.3 | 0.7 |
| PSC | 0.0 | 1.0 | 1.0 | 0.0 | 2.0 | 6.9 | 0.1 | 0.3 |
| 4 | None | 0.3 | 2.7 | 1.7 | 0.0 | 4.2 | 11.8 | 0.5 | 1.2 |
| PS | 0.0 | 0.6 | 0.6 | 0.0 | 1.3 | 5.3 | 0.0 | 0.2 |
| PSC | 0.0 | 0.3 | 0.4 | 0.0 | 0.8 | 3.5 | 0.0 | 0.0 |
| Riboflavin | 0 | None | 3.4 | 10.9 | 5.3 | 0.6 | 8.0 | 11.4 | 11.2 | 4.8 |
| 1 | None | 0.6 | 2.3 | 1.7 | 0.0 | 3.3 | 5.9 | 3.4 | 1.3 |
| PS | 0.4 | 1.4 | 1.3 | 0.0 | 2.4 | 4.9 | 2.4 | 0.8 |
| PSC | 0.3 | 1.3 | 1.2 | 0.0 | 2.3 | 4.6 | 2.1 | 0.6 |
| 2 | None | 0.1 | 0.5 | 0.8 | 0.0 | 1.4 | 3.3 | 1.0 | 0.2 |
| PS | 0.0 | 0.2 | 0.5 | 0.0 | 0.9 | 2.0 | 0.5 | 0.0 |
| PSC | 0.0 | 0.2 | 0.5 | 0.0 | 0.8 | 1.8 | 0.5 | 0.0 |
| 3 | None | 0.0 | 0.1 | 0.4 | 0.0 | 0.7 | 1.7 | 0.4 | 0.0 |
| PS | 0.0 | 0.0 | 0.3 | 0.0 | 0.4 | 1.0 | 0.1 | 0.0 |
| PSC | 0.0 | 0.0 | 0.2 | 0.0 | 0.3 | 0.9 | 0.1 | 0.0 |
| 4 | None | 0.0 | 0.0 | 0.3 | 0.0 | 0.4 | 1.0 | 0.1 | 0.0 |
| PS | 0.0 | 0.0 | 0.2 | 0.0 | 0.2 | 0.6 | 0.0 | 0.0 |
| PSC | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 |
| Folate | 0 | None | 100.0 | 99.3 | 97.1 | 97.1 | 99.7 | 99.0 | 98.0 | 94.4 |
| 1 | None | 83.1 | 54.4 | 31.3 | 11.0 | 55.4 | 67.8 | 24.7 | 26.1 |
| PS | 41.0 | 29.7 | 13.9 | 2.2 | 30.9 | 46.0 | 5.0 | 6.5 |
| PSC | 12.3 | 12.4 | 6.3 | 0.3 | 18.7 | 29.4 | 1.0 | 1.4 |
| 2 | None | 70.6 | 43.6 | 24.0 | 5.9 | 46.6 | 60.3 | 15.3 | 16.3 |
| PS | 22.3 | 20.4 | 9.4 | 1.0 | 23.4 | 37.2 | 2.2 | 3.5 |
| PSC | 3.9 | 7.4 | 4.3 | 0.1 | 13.1 | 22.1 | 0.3 | 0.6 |
| 3 | None | 55.5 | 34.2 | 18.2 | 3.1 | 38.9 | 52.9 | 9.2 | 10.6 |
| PS | 10.9 | 14.3 | 6.4 | 0.4 | 17.8 | 29.9 | 1.0 | 1.6 |
| PSC | 1.2 | 4.4 | 2.8 | 0.0 | 9.3 | 16.8 | 0.1 | 0.3 |
| 4 | None | 35.5 | 24.2 | 12.8 | 1.3 | 30.4 | 44.0 | 4.5 | 5.5 |
| PS | 3.3 | 8.5 | 4.0 | 0.2 | 12.2 | 22.4 | 0.3 | 0.6 |
| PSC | 0.2 | 2.4 | 1.5 | 0.0 | 5.8 | 11.6 | 0.0 | 0.1 |
| Vitamin B12 | 0 | None | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 |
| 1 | None | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| PS | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2 | None | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| PS | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 3 | None | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| PS | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 4 | None | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| PS | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |