

TABLE 1. MACROELEMENTS

Element/Infusion Condition	Parenterally Administered (g/kg/d)	Total Energy (kcal/kg/d)	RDA ^a (mEq/kg/d)		
			Essential (mEq/kg/d)	Non-Essential (g/kg/d)	Fluid (mL/kg/d)
Sodium	0.6-1.0	20-30	0.5	1	20-30
Chloride (if infused, alone)	1.2-2.0	20-30	1.0	1.0	Minimum to provide adequate osmolality
Minimum Sodium Daily Requirement (mEq/kg/d)	0.6-1.0				
Thiamine (non-infused)	1.0-2.0				
Biotin	1.0-2				
Cyanocobalamin	Additional 0.5-20 µg/d, as needed				
Acute kidney injury	0.6-1.0				
Chronic kidney replacement therapy	Additional 0.2 g/kg/d or as needed 0.2 g/kg/d				
Chronic kidney injury with maintenance hemodialysis	1.0				
Water balance	1.2-2.0 based on "net" weight and response				
Notes	0.5-1.0 (based on RDA)	20-30 (based on RDA)			

RDA = Recommended Dietary Allowance

^aValues are based on average body weight. For individualized care during all phases of patient support, clinicians should refer to individualized clinical laboratory data.

TABLE 2. ELECTROLYTE AND MINERAL

Element	Estimated Daily Requirement	Factors that increase needs
Calcium ^a	50-100 mEq	High protein intake
Magnesium	8-20 mEq	Diuretics, medications, sweating
Phosphorus ^a	20-40 mEq	High protein intake, sweating
Sodium	0.2 mEq/kg/d ^b	Diuretics, sweating, ill patients, ill wounds
Potassium	0.2 mEq/kg/d ^b	Diuretics, sweating, ill patients, ill wounds, medications, sweating
Fluids	As needed to maintain acid-base balance	Renal insufficiency, metabolic syndrome, ill levels of fluid balance
Electrolytes	As needed to maintain acid-base balance	Metabolic syndrome, volume depletion

^aValues are based on average body weight and are provided as a general guideline.

^bFor maintenance.

TABLE 3. DAILY REQUIREMENTS FOR ADULT PARENTERAL VITAMINS^a

Element	Estimated Daily Requirement
Thiamine (B ₁)	5 mg
Riboflavin (B ₂)	10 mg
Niacin (B ₃)	40 mg
Panthenic acid	500 mg
Pyridoxine (B ₆)	10 mg
Cyanocobalamin (B ₁₂)	5 mg
Biotin	40 mg
Inositol	500 mg
Vitamin E	500 mg
Vitamin K	5 mg
Vitamin A	10 mg
Vitamin C	500 mg

^aEstimated values are based on average body weight. For individualized care during all phases of patient support, clinicians should refer to individualized clinical laboratory data.

TABLE 4. DAILY REQUIREMENTS FOR ADULT PARENTERAL TRACE ELEMENTS^a

Trace Element	Estimated Daily Requirement
Chromium	10 µg
Copper	0.5-1.0 mg
Manganese	50 µg
Selenium	40-100 µg
Zinc	5-10 mg

^aEstimated values are based on average body weight and are provided as a general guideline.

^bFor maintenance.

Aspen Nutrition Guide

Pamela Charney,Ainsley Malone



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