

Table 1 Estimated maximal % of daily reference intake (DRI) of B vitamins that could be provided by the gut microbiota (from Magnúsdóttir et al. [56])

Vitamin	Intracellular concentration (mmol/gDW)	DRI ^a (mg/day)	HGM _{ratio}	%DRI from HGM
Biotin	9.0×10^{-7}	0.03	0.40	4.5
Cobalamin	8.5×10^{-8}	0.0024	0.42	31
Folate ^b	5.0×10^{-5}	0.4	0.43	37
Niacin ^b	3.3×10^{-3}	15	0.63	27
Pantothenate	2.3×10^{-6}	5	0.51	0.078
Pyridoxine ^b	5.8×10^{-4}	1.3	0.50	86
Riboflavin	9.0×10^{-6}	1.2	0.65	2.8
Thiamin ^b	8.7×10^{-6}	1.15	0.56	2.3

^aDietary reference intakes (Standing Committee on the Scientific Evaluation of Dietary Reference Intakes and Its Panel on Folate, Other B Vitamins, and Choline, 1998). Values averaged for male and female references intakes (ages 19–50)

^bAtomic mass for dihydrofolic acid, nicotinic acid, pyridoxine 5'-phosphate, and thiamine monophosphate