Appendix Table B. Mineral Requirements and Maximum Tolerable Amounts

Mineral	Growing/Finishing Calves	Gestating Cow	Lactating Cow	Maximum Tolerable
Chromium, mg/kg	——	——	——	1,000
Cobalt, mg/kg	.10	.10	.10	10
Copper, mg/kg	10	10	10	100
Iodine, mg/kg	.50	.50	.50	50
Iron, mg/kg	50	50	50	1,000
Magnesium, %	.10	.12	.20	.40
Manganese, mg/kg	20	40	40	1,000
Molybdenum, mg/kg	——	——	——	5
Nickel, mg/kg	——	——	——	50
Potassium, %	.60	.60	.70	3
Selenium, mg/kg	.10	.10	.10	2
Sodium, %	.06-.08	.06-.08	.10	——
Sulfur, %	.15	.15	.15	.40
Zinc, mg/kg	30	30	30	500