

## Required Minimum Distribution Uniform Lifetime Table

Calculate the year's minimum distribution amount by taking the age of the beneficiary and find the corresponding distribution period. To find the required minimum distribution, divide the value of the IRA by the distribution period.

Beneficiary Age	Distribution Period (yrs)	Beneficiary Age	Distribution Period (yrs)
10	86.2	39	56.2
11	85.2	40	55.2
12	84.2	41	54.2
13	83.2	42	53.2
14	82.2	43	52.2
15	81.2	44	51.2
16	80.2	45	50.2
17	79.2	46	49.2
18	78.2	47	48.2
19	77.2	48	47.2
20	76.2	49	46.2
21	75.2	50	45.2
22	74.2	51	43.2
23	73.2	52	41.2
24	71.2	53	40.2
25	70.2	54	39.2
26	69.2	55	38.2
27	68.2	56	37.2
28	67.2	57	36.2
29	66.2	58	35.2
30	65.2	59	34.2
31	64.2	60	33.2
32	63.2	61	31.2
33	62.2	62	30.2
34	61.2	63	29.2
35	60.2	64	28.2
36	59.2	65	27.1
37	58.2	66	26.2
38	57.2	67	25.2