

# 2026 Tax Reference Guide

## Income Tax

### Ordinary Income

Tax Rate	Single Filers/ Married Filing Separate (MFS)		Married Individuals Filing Jointly/ Qualifying Surviving Spouses		Head of Households		Estates & Trusts	
	From	To	From	To	From	To	From	To
10%	\$0	\$12,400	\$0	\$24,800	\$0	\$17,700	\$0	\$3,300
12%	\$12,401	\$50,400	\$24,801	\$100,800	\$17,701	\$67,450	–	–
22%	\$50,401	\$105,700	\$100,801	\$211,400	\$67,451	\$105,700	–	–
24%	\$105,701	\$201,775	\$211,401	\$403,550	\$105,701	\$201,750	\$3,301	\$11,700
32%	\$201,776	\$256,225	\$403,551	\$512,450	\$201,751	\$256,200	–	–
35%	\$256,226	\$640,600 (Single) \$384,350 (MFS)	\$512,451	\$768,700	\$256,201	\$640,600	\$11,701	\$16,000
37%	\$640,601 or more (Single) \$384,351 or more (MFS)		\$768,701 or more		\$640,601 or more		\$16,001 or more	

### Long-Term Capital Gains & Qualified Dividends

Tax Rate	Single Filers/ Married Filing Separate (MFS)		Married Individuals Filing Jointly/ Qualifying Surviving Spouses		Head of Households		Estates & Trusts	
	From	To	From	To	From	To	From	To
0%	\$0	\$49,450	\$0	\$98,900	\$0	\$66,200	\$0	\$3,300
15%	\$49,451	\$545,500 (Single) \$306,850 (MFS)	\$98,901	\$613,700	\$66,201	\$579,600	\$3,301	\$16,250
20%	\$545,501 or more (Single) \$306,851 or more (MFS)		\$613,701 or more		\$579,601 or more		\$16,251 or more	

### Tax Deductions & Credits

Filing Status	Deduction Limit
<b>Standard Deduction</b>	
Single & Married Filing Separately	\$16,100
Married Filing Jointly (and Surviving Spouse)	\$32,200
Head of Household	\$24,150
Child's Standard Deduction on Unearned Income	\$1,350
<b>Additional Standard Deduction (if taxpayer does not itemize)</b>	
Blind, or age 65 or older (if married)	Add'l \$1,650
Blind, or age 65 or older (must be unmarried)	Add'l \$2,050

Credit	Amount
<b>Standard Child Tax Credit</b>	
For children under the age of 17 (phaseout starts at \$400,000 for joint filers, \$200,000 for single filers)	\$2,200
<b>Lifetime Learning Tax Credit</b>	
Qualified education expenses (phaseout starts at \$160,000 for joint filers, \$80,000 for all other filers)	\$2,000
<b>American Opportunity Tax Credit</b>	
Qualified education expenses (phaseout starts at \$160,000 for joint filers, \$80,000 for all other filers)	\$2,500

Alternative Minimum Tax (AMT) Exemption Amounts

Filing Status	Exemption
Single & Head of Household	\$90,100
Married Filing Separately	\$70,100
Married Filing Jointly (and Surviving Spouse)	\$140,200
Estate & Trusts	\$31,400

Retirement Plans

Employer-Sponsored Plans Contribution Limits

Type	Limit
Overall limit for employer-sponsored defined contribution plans (does not include 457(b) plans)	\$72,000
<b>401(k), Roth 401(k), 403(b), 457(b) plans: employee elective deferral limit</b>	<b>\$24,500</b>
Catch-up contribution limit for age 50 and over for 401(k) and Roth 401(k) (special catch-up limits may also apply to 403(b) and 457(b) plans)	<ul style="list-style-type: none"><li>\$8,000 age 50–59 and age 64 or older</li><li>\$11,250 age 60–63</li></ul>
<b>SIMPLE IRA and SIMPLE 401(k) plans: employee elective deferral limit</b>	<b>\$17,000</b>
Catch-up contribution limit for age 50 or over for SIMPLE plans	<ul style="list-style-type: none"><li>\$4,000 age 50–59 and age 64 or older</li><li>\$5,250 age 60–63</li></ul>
<b>SEP IRA plans: only employer contributions are allowed</b>	<b>Lesser of \$72,000 or 25% of wages (20% for self-employed individuals)</b>
Employee qualifications	<ul style="list-style-type: none"><li>Min compensation: \$800</li><li>Max compensation: \$360,000</li></ul>
Catch-up contribution limit for age 50 and over for SEP IRA plans	Not allowed

**Defined contribution plans** aggregate contribution limit: \$72,000

**Defined benefit plans** annual benefit limit: \$290,000

Highly compensated employee: \$160,000

Gift & Estate Tax

Type	Limit
Annual gift tax exclusion	\$19,000 per donee
Annual gift tax exclusion for gifts to noncitizen spouse	\$194,000
Lifetime gift and estate tax exemption	\$15,000,000
Maximum estate & gift tax rate	40%

Traditional IRAs & Roth IRAs Contribution Limits

Type	Limit
<b>Traditional IRA</b>	<b>\$7,500</b>
Catch-up contribution for age 50 and over	\$1,100
Phaseout for those covered by an employer-sponsored plan	
Single	\$81,000–\$91,000
Married Filing Separately	\$0–\$10,000
Married Filing Jointly	\$129,000–\$149,000
Married Filing Jointly, you are not covered but your spouse is	\$242,000–\$252,000
<b>Roth IRA</b>	<b>\$7,500</b>
Catch-up contribution for age 50 and over	\$1,100
Roth IRA income phaseout	
Single	\$153,000–\$168,000
Married Filing Jointly	\$242,000–\$252,000

Individual Retirement Accounts (IRAs) — Required Lifetime Distributions

IRA account owners must begin taking Required Minimum Distributions (RMDs) by April 1 of the calendar year following the year they reach their RMD age. As reflected in the table below, the IRA account owner’s RMD age is determined based on the year they were born.

Date of Birth	RMD Age
Before July 1, 1949	70½
On or after July 1, 1949 to December 31, 1950	72
On or after January 1, 1951 to December 31, 1959	73
On or after January 1, 1960	75

For more information, including how to calculate annual RMDs, see this section of the Internal Revenue Service website: [natl.life/RMDs](https://natl.life/RMDs).

Source: Internal Revenue Service (IRS), IRS.gov IR-2025-103 (October 2025), IR 2025-32 (October 2025), notice 2025-67 (June 2025).  
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