Vitamin B12 (µg) Male Female Africa Americas Supply (µg) 7.5 Country 5.0 2.5 Asia UKUSWING MINING 0-11 mo. -11-14 years -20–24 years = 25–29 years = 30–34 years = 65–69 years - 70–74 years - 75–79 years - 80–84 years - 85–89 years -20–24 years = 25–29 years = 30–34 years = 35–39 years = 50–54 years = 55–59 years = 80-84 years = 85-89 years = 90–94 years = 95+ years = 40-44 years 50-54 years 2-5 years 40-44 years 45-49 years 55-59 years 6-10 years 60-64 years 90-94 years 95+ years 12-23 mo. 45-49 years 60-64 years 75-79 years 15-19 years 2-5 years 35-39 years 15-19 years 6-10 years 65-69 years 70-74 years Age range