Vitamin B1 (mg) Female Male Africa Americas Supply (mg) 2.5 Country 1.5 1.0 0.5 Asia 0-11 mo. -11-14 years -15-19 years - 2-5 years - 20-24 years - 25-29 years - 30-34 years - 35-39 years - 40-44 years - 45-49 years -50-54 years = 55-59 years = 65–69 years – 70–74 years – 75–79 years – 80–84 years – 85-89 years -15-19 years - 2-5 years - 20-24 years - 25-29 years - 30-34 years - 35-39 years - 40-44 years -65-69 years -70-74 years -75–79 years – 80–84 years – 85–89 years – 90–94 years – 45-49 years 95+ years 50-54 years 12-23 mo. 6-10 years 12-23 mo. 60-64 years 55-59 years 6-10 years 60-64 years 95+ years

Age range