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