Zinc (mg) Female Male Africa Americas Supply (mg) 20 Country 10 5 Asia Europe WSM VUT TON SLB PNG NZL MHL KIR FSM FJI AUS 0-11 mo. -11-14 years -15–19 years 2–5 years 20–24 years 25–29 years 30–34 years 35–39 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 = 65-69 years -70-74 years -75–79 years = 80–84 years = 85-89 years = 90-94 years = 55-59 years 45-49 years 40-44 years 45-49 years 40-44 years 6-10 years 60-64 years 95+ years 12-23 mo. 35-39 years 50-54 years 6-10 years 60-64 years 95+ years Age range