Vitamin B6 (mg) Male Female Africa Americas Supply (mg) 5 Country 3 Asia UKUSWING MENDEN 90-94 years 95+ years 0-11 mo. 20-24 years = 25-29 years = 30-34 years = 35-39 years = 75–79 years = 80–84 years = 85-89 years -2–5 years = 20–24 years = 25–29 years = 30–34 years = 35–39 years = 75–79 years = 80–84 years = 85-89 years = 90-94 years = 6-10 years 65-69 years 12-23 mo. 45-49 years 15-19 years 40-44 years 50-54 years 55-59 years 60-64 years 70-74 years 15-19 years 40-44 years 50-54 years 65-69 years 2-5 years 45-49 years 55-59 years 6-10 years 60-64 years 70-74 years 95+ years