Vitamin B2 (mg) Female Male Africa Americas Supply (mg) 3 Country 2 Asia UKUSWING MINING WSM VUT TON SLB PNG NZL MHL KIR FSM FJI AUS 0-11 mo. = 11-14 years = 20–24 years – 25–29 years – 30–34 years – 35–39 years – 50-54 years = 55-59 years = 75–79 years = 80–84 years = 85-89 years -2-5 years = 20-24 years = 25–29 years = 30–34 years = 75-79 years = 80-84 years = 85-89 years = 90-94 years = 45-49 years 6-10 years 65-69 years 12-23 mo. 40-44 years 55-59 years 12-23 mo. 45-49 years 60-64 years 70-74 years 95+ years 35-39 years 60-64 years 65-69 years 15-19 years 40-44 years 15-19 years 50-54 years 6-10 years 70-74 years 95+ years 2-5 years Age range