Magnesium (mg) Female Male Africa Americas Supply (mg) 750 Country 250 Asia UKUSWING MINING Europe 0-11 mo. -11-14 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 -2–5 years 20–24 years 25–29 years 30–34 years 35–39 years 40–44 years 50–54 years = 55–59 years = 65-69 years -70-74 years -75–79 years – 80–84 years – 85–89 years – 90–94 years – 45-49 years 6-10 years 60-64 years 95+ years 12-23 mo. 15-19 years 12-23 mo. 15-19 years 2-5 years 6-10 years 60-64 years 95+ years Age range