Vitamin D (µg) Male Female Africa Americas Supply (µg) YEMMUZBUTTUTKA GODEN TENDEN TO THE TENDEN TO THE TENDEN TO THE TENDEN TO THE TENDEN THE TENDE THE TENDEN THE TENDEN THE TENDEN THE TENDE THE TEND Country 10 Asia Europe Oceania 90-94 years 95+ years 0-11 mo. 90–94 years = 95+ years = 65-69 years 90-94 years 40-44 years 45-49 years 60-64 years 20-24 years 30-34 years 40-44 years 45-49 years 70-74 years 80-84 years 50-54 years 55-59 years 70-74 years 75-79 years 80-84 years 85-89 years 50-54 years 55-59 years 75-79 years 85-89 years 15-19 years 2-5 years 20-24 years 25-29 years 30-34 years 35-39 years 6-10 years 15-19 years 2-5 years 25-29 years 35-39 years 6-10 years 60-64 years 65-69 years