Selenium (µg) Female Male Africa Americas Supply (µg) Country 200 100 Asia UKUSWING MINING Europe WSM VUT TON SLB PNG NZL MHL KIR FSM FJI AUS 0-11 mo. -20–24 years = 25–29 years = 30-34 years = 35-39 years = 90–94 years = 95+ years = 40-44 years 15-19 years 45-49 years 50-54 years 60-64 years 95+ years 40-44 years 45-49 years 80-84 years 55-59 years 65-69 years 70-74 years 75-79 years 80-84 years 90-94 years 12-23 mo. 15-19 years 50-54 years 55-59 years 70-74 years 75-79 years 2-5 years 20-24 years 25-29 years 30-34 years 35-39 years 6-10 years 85-89 years 2-5 years 6-10 years 60-64 years 65-69 years 85-89 years Age range