Vitamin B3 (mg) Female Male Africa Americas Supply (mg) 60 Country 40 20 Asia Europe 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 = 2–5 years = 20–24 years = 25–29 years = 30–34 years = 75-79 years = 80-84 years = 85-89 years = 90-94 years = 6-10 years 65-69 years 90-94 years 12-23 mo. 35-39 years 40-44 years 45-49 years 70-74 years 15-19 years 60-64 years 70-74 years 95+ years 15-19 years 50-54 years 6-10 years 12-23 mo. 2-5 years 40-44 years 45-49 years 85-89 years 55-59 years 60-64 years 65-69 years 95+ years Age range