Vitamin A (RAE) (µg RAE) Female Male Africa Americas Supply (µg RAE) 4000 3000 Country 2000 1000 Asia UKUSWING MENDEN Europe Oceania 2–5 years – 20–24 years – 25–29 years – 30–34 years = 35–39 years = 40–44 years = 45–49 years = 70–74 years – 75–79 years – 80–84 years – 85–89 years – 90–94 years – 90-94 years - 95+ years - 0-11 mo. - 1-14 years - 1-17 15–19 years – 2–5 years – 20–24 years – 25–29 years – 30–34 years – 35–39 years – 55-59 years 6-10 years 60-64 years 80-84 years 90-94 years 95+ years 15-19 years 60-64 years 65-69 years 45-49 years 65-69 years 70-74 years 85-89 years 50-54 years 40-44 years 50-54 years 55-59 years 6-10 years 75-79 years