
Recommended Purchase of 80kWh Energy Storage Container

No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Considering calcium supplements? First figure out how much calcium you need. Then weigh the pros and cons of supplements.

Recommended Dietary Allowances (RDAs) are the amount of vitamins and minerals needed to provide for adequate nutrition in most healthy persons. RDAs for a given nutrient ...

The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over ...

Vitamin C is an essential nutrient, but you can get too much of it. If you're an adult, limit yourself to no more than 2,000 milligrams (mg) of vitamin C a day. The recommended ...

Foods rich in vitamin E include vegetable oils such as canola and olive oils, nuts, and seeds. Meats, dairy, leafy greens, and fortified cereals also have vitamin E. And the ...

Is caffeine causing you problems? Find out how much is too much and if you need to cut down.

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