
Recommended Purchase of Long-Term Mobile Energy Storage Containers for Ports

Vitamin C is an essential nutrient found in foods and available as a supplement you take by mouth. Learn about its potential benefits and the causes of vitamin C deficiency.

For kids, getting the recommended amount of sleep on a regular basis is linked with better health, including improved attention, behavior, learning, memory, the ability to control ...

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 ...

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.

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 ...

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 ...

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 ...

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