
Recommended manufacturers of lithium batteries for energy storage in Ghana

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

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 ...

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

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 ...

Understand when a vitamin B-6 deficiency might occur and learn the risks of taking too much of this vitamin supplement.

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 ...

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