
Recommended solar container outdoor power for electric box

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 ...

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

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 ...

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

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.

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.

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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