
Recommended Purchase of 60kW Solar Containerized PV Unit

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 ...

Niacin is a B vitamin the body makes. The body uses niacin to turn food into energy. It helps keep the nervous system, digestive system, and skin healthy. People may ...

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.

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.

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 ...

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 ...

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

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