
Recommended Purchase of High-Voltage Mobile Energy Storage Container

Vitamin B-6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy. Food sources of vitamin B-6 include poultry, ...

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.

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.

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 ...

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 ...

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 ...

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