
Recommended purchase from dealers for 10kW mobile energy storage container

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 ...

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.

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

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 ...

Find out how much exercise you need and how to get it.

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 ...

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 ...

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