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## Recommended smart uninterruptible power supply for Johannesburg South Africa

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

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 ...

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 ...

Find out which foods have lots of this mineral and get tips on how to cut back.

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.

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

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 ...

Probiotics and prebiotics are two parts of food that may support gut health. Probiotics are specific living microorganisms, most often bacteria or yeast that help the body ...

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