GermanSolarZA

Recommended sources of industrial energy storage batteries in Cambodia

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Too much vitamin C: Is it harmful?

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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Water: How much should you drink every day?

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.

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Magnesium supplement (oral route)

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 ...

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Vitamin D

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 ...

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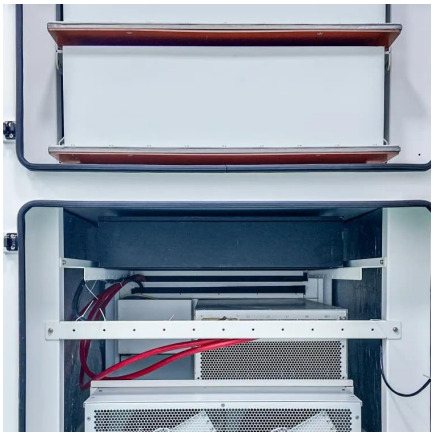

Aspirin during pregnancy: Is it safe?

Low-dose aspirin is safe to use throughout pregnancy, and it may be recommended in some situations. Higher doses of aspirin typically are not recommended during pregnancy. ...

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Probiotics and prebiotics: What you should know

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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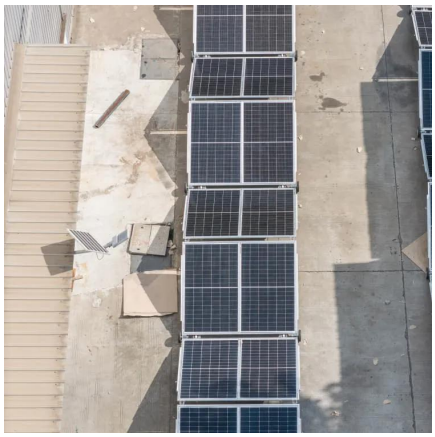

Calorie Calculator

If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs.

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