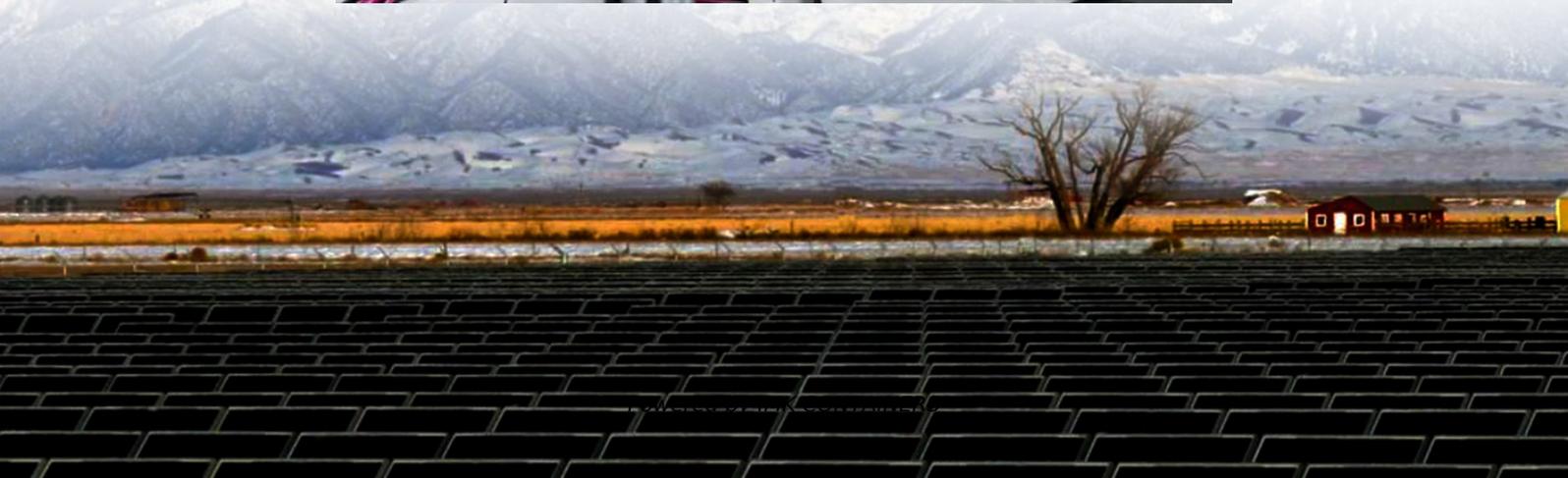


# **Recommended DC solar container system in Sydney Australia**





## Recommended DC solar container system in Sydney Australia

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### [Sodium: How to tame your salt habit](#)

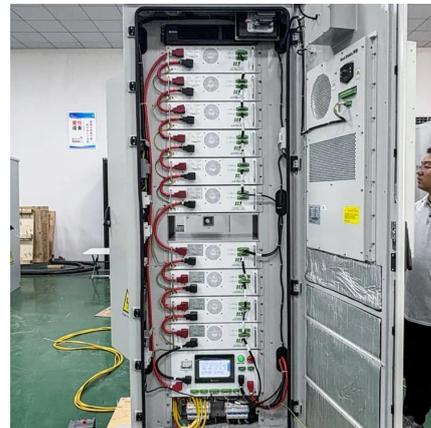
Find out which foods have lots of this mineral and get tips on how to cut back.

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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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### **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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[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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**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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[Caffeine: How much is too much?](#)

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

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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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