

Recommended solar container for mining in Albania





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Vitamin E

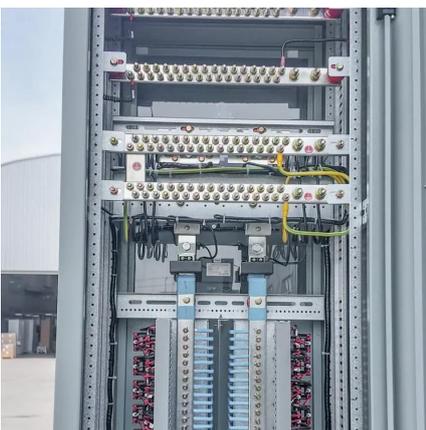
Foods rich in vitamin E include vegetable oils such as canola and olive oils, nuts, and seeds. Meats, dairy, leafy greens, and fortified cereals also have vitamin E. And the ...

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[How many hours of sleep are enough?](#)

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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Vitamin C

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.

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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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[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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Vitamin B-6

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, ...

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[Calcium and calcium supplements: Achieving the right](#)



[balance](#)

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

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Biotin (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 nutrient ...

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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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