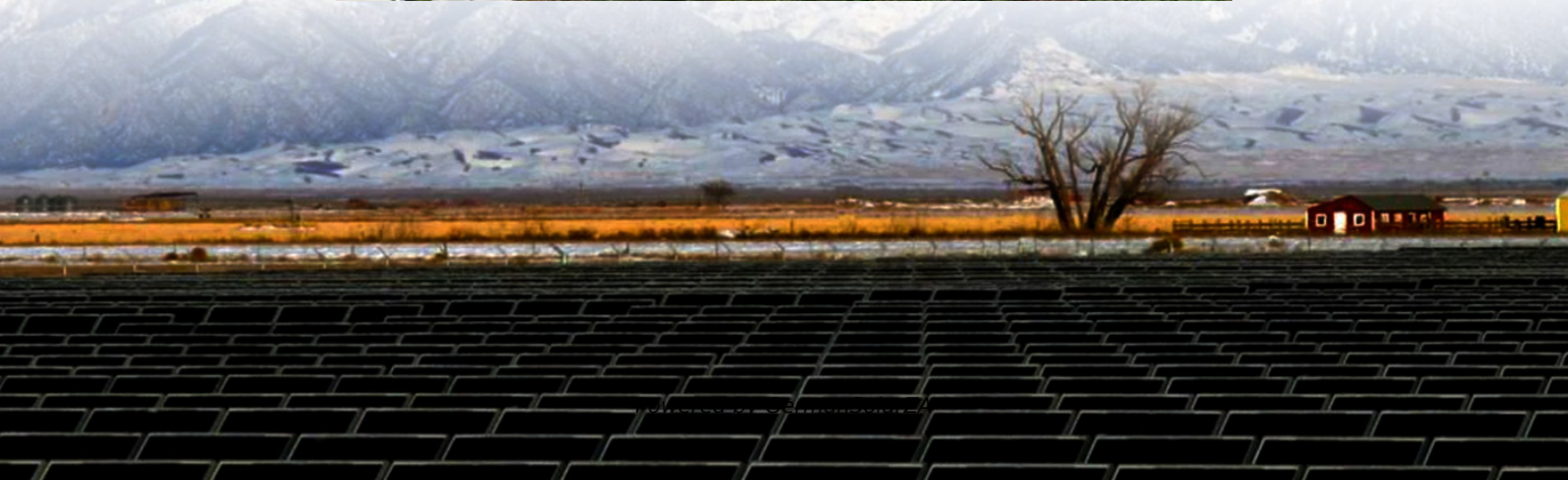


# **Recommended sources of energy saving and storage new energy**





## Recommended sources of energy saving and storage new energy

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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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### [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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### Niacin

Niacin is a B vitamin the body makes. The body uses niacin to turn food into energy. It helps keep the nervous system, digestive system, and skin healthy. People may ...

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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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## 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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## 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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## 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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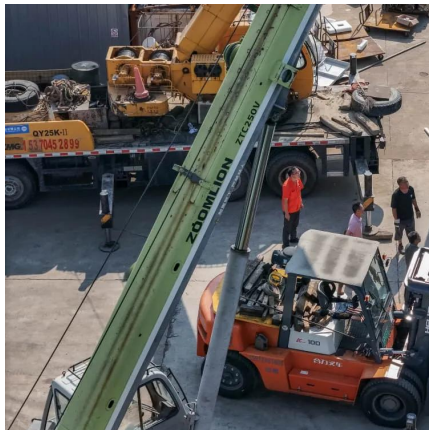
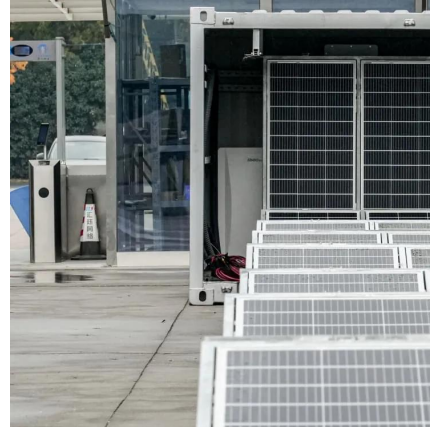




## Vitamin C

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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## 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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