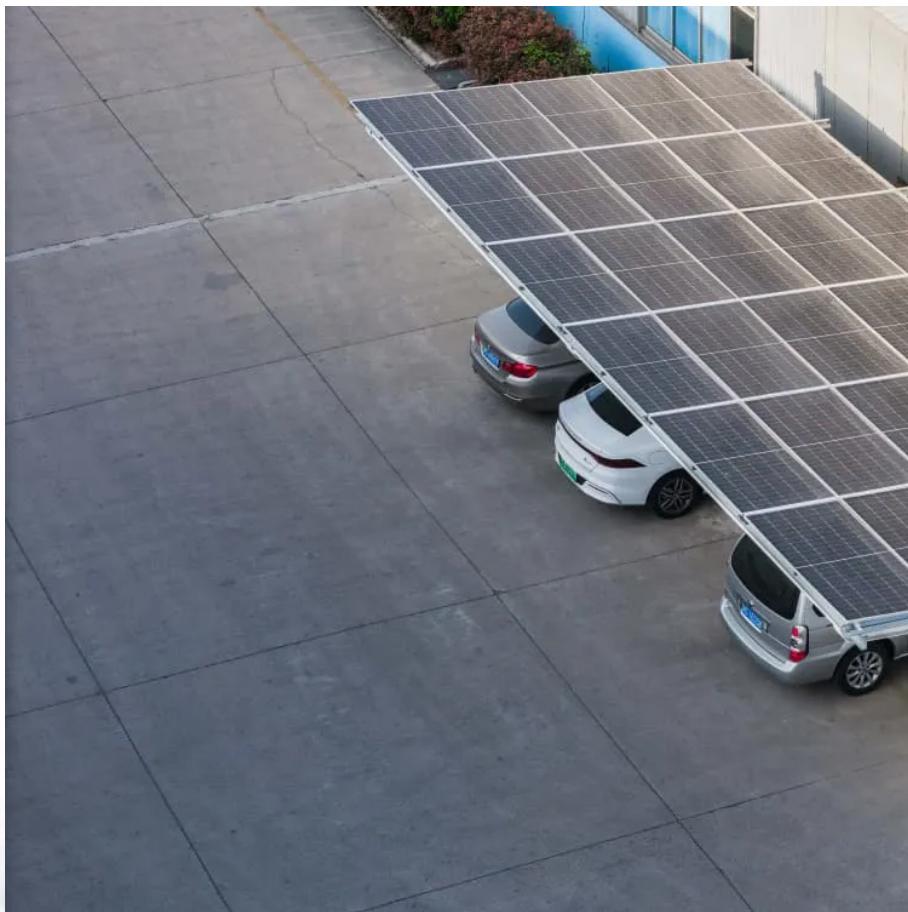




GETON CONTAINERS

Recommended sources of industrial energy storage batteries in Nicaragua





Recommended sources of industrial energy storage batteries in Nic...



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 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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[Too much vitamin C: Is it harmful?](#)

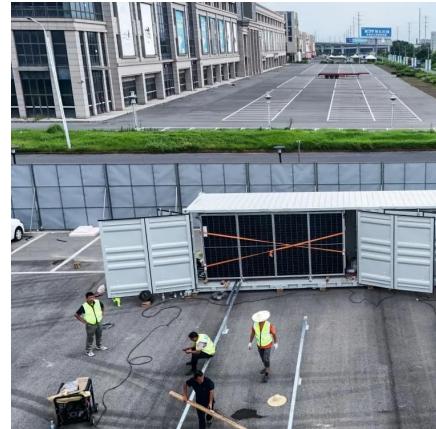
Vitamin C is an essential nutrient, but you can get too much of it. If you're an adult, limit yourself to no more than 2,000 milligrams (mg) of vitamin C a day. The recommended ...

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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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