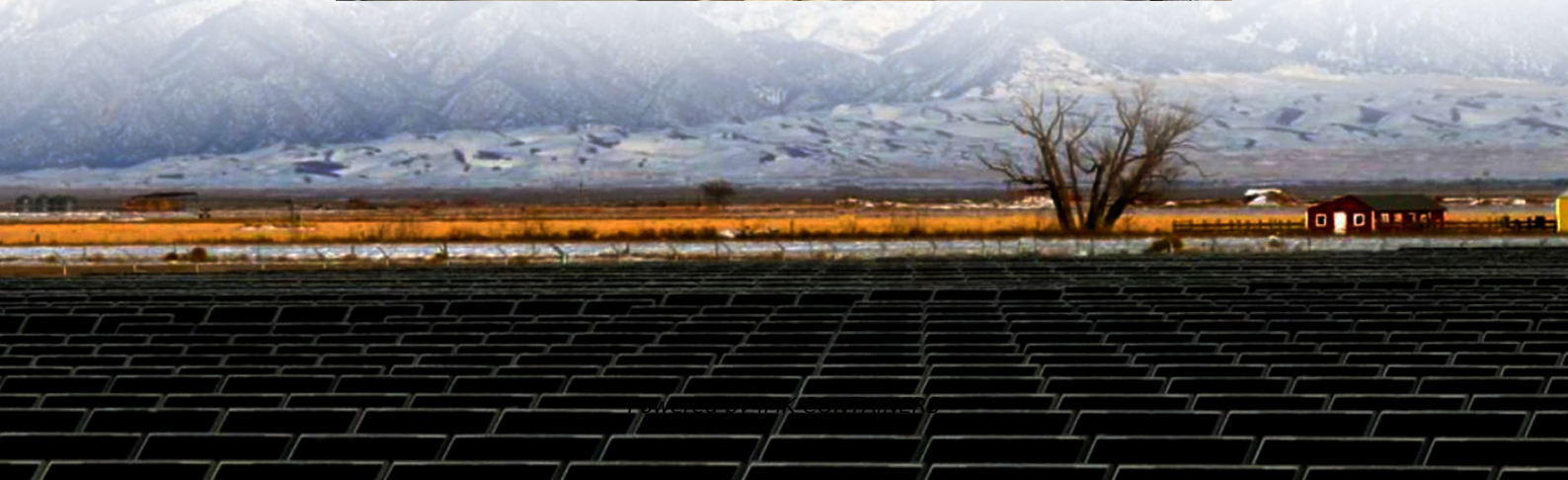


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[How many hours of sleep are enough?](#)

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 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 ...

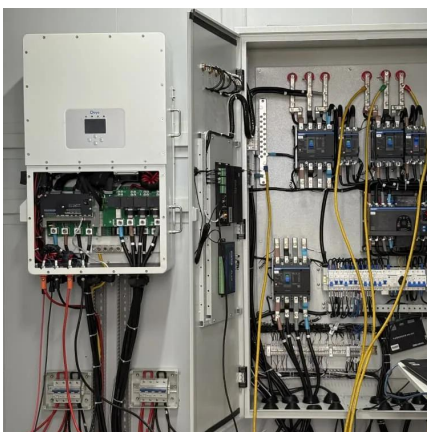
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Niacin

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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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 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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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.

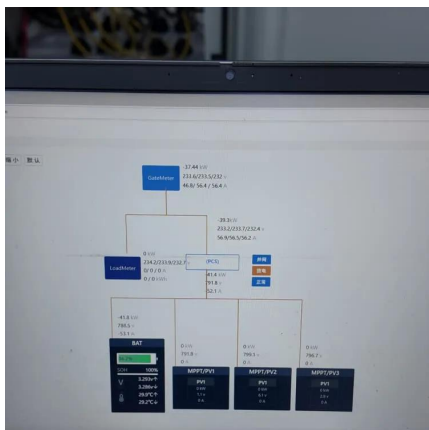
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Water: How much should you drink every day?

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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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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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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