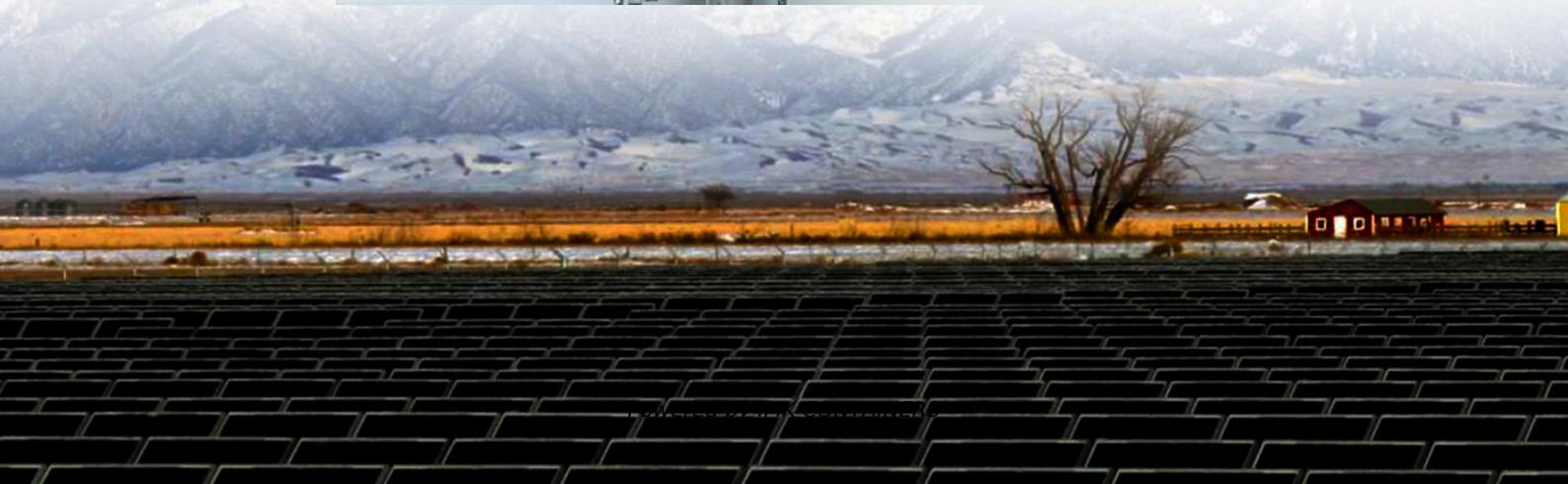




IMK CONTAINERS

Recommended purchase of 350kW energy storage container for chemical plants





Recommended purchase of 350kW energy storage container for che



Vitamin D

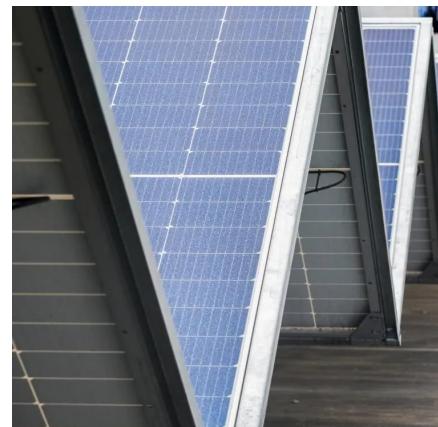
The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over ...

[Learn More](#)

[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. ...

[Learn More](#)



[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 ...

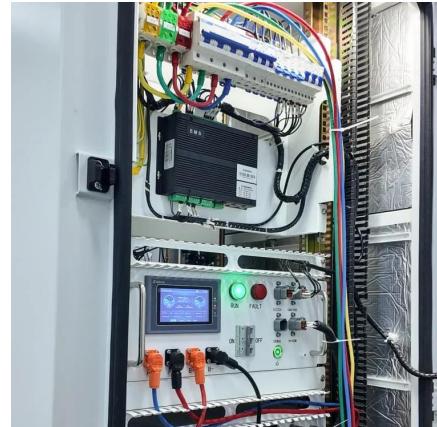
[Learn More](#)

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.



[Learn More](#)



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

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

[Learn More](#)

[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.

[Learn More](#)



[Magnesium supplement \(oral route\)](#)

[Probiotics and prebiotics: What you should know](#)

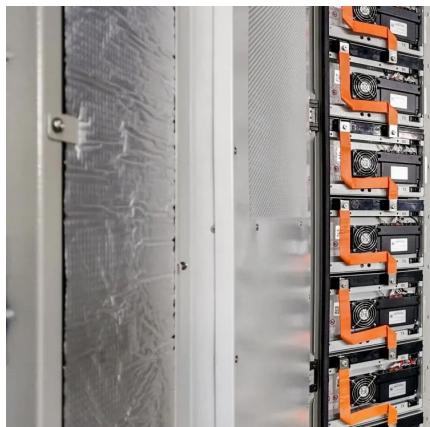
Probiotics and prebiotics are two parts of food that may support gut health. Probiotics are specific living microorganisms, most often bacteria or yeast that help the body ...

[Learn More](#)



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 ...

[Learn More](#)



[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.

[Learn More](#)

Contact Us

For catalog requests, pricing, or partnerships, please visit:
<https://fundacjawandea-imk.pl>

Scan QR Code for More Information



<https://fundacjawandea-imk.pl>