

Caffeine has its perks, but it can pose problems too. Find out how much is too much and if you need to cut down.

How much water should you drink each day? It's a simple question with no easy answer. Studies have recommended drinking different amounts over the years. But how much water a body ...

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 70 years.

When taken at recommended doses, vitamin B-12 supplements are generally considered safe. The recommended daily amount of vitamin B-12 for adults is 2.4 mcg and 10 to 12 mcg for older ...

Check food and supplement labels to find out how much total calcium you're getting each day and whether you're reaching or going over the recommended daily total. Dietary calcium is ...

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 upper limit for ...

The recommended daily amount of vitamin B-6 for adults 50 and younger is 1.3 milligrams. After age 50, the recommended daily amount is 1.5 milligrams for women and 1.7 ...

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.

These types of activities are often recommended for people with osteoporosis: Strength training exercises, especially those for the upper back. Weight-bearing aerobic activities, like ...

Note that recommended has two distinct meanings, as covered by this earlier question. In OP's context, if the customer were to be recommended, that could either mean that he was advised go to Deforges ...



# Recommended cost-effectiveness of household power supply

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