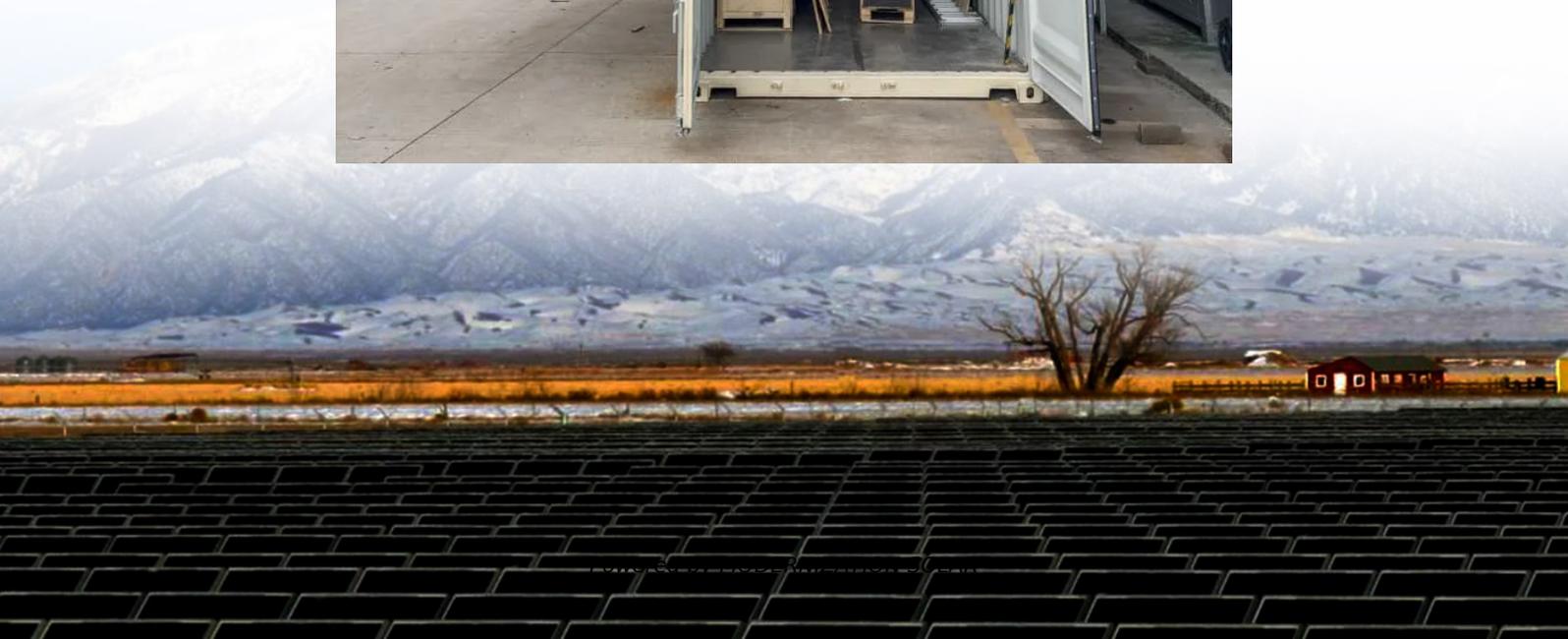


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Vitamin E

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How many hours of sleep are enough?

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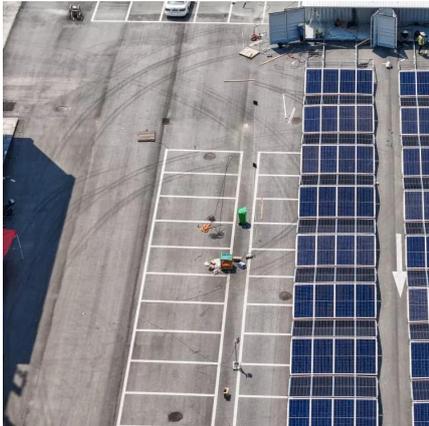


Vitamin C

Aug 14, 2025 · 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.

Vitamin D

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Water: How much should you drink every day?

Oct 12, 2022 · 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.



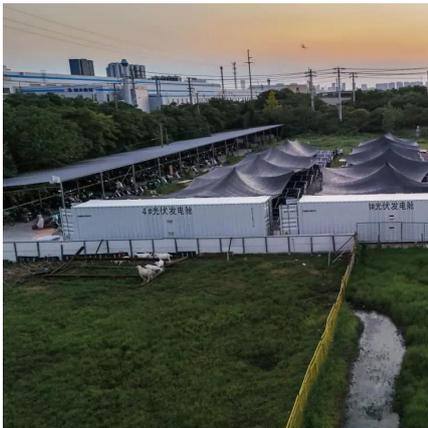
Vitamin A

Apr 17, 2025 · The recommended daily amount of vitamin A is 900 micrograms (mcg) for men and 700 mcg for women. Daily vitamin A needs change slightly to 770 mcg for pregnant people ...



Niacin

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