



GETON CONTAINERS

# Recommended manufacturers of Jamaican imported inverters





## Recommended manufacturers of Jamaican imported inverters



### 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 ...

[Free Quote](#)

[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 ...

[Free Quote](#)



### 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 ...

[Free Quote](#)

**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 ...

[Free Quote](#)



[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 ...

[Free Quote](#)

## Contact Us

---

For catalog requests, pricing, or partnerships, please visit:  
<https://www.getonco.co.za>

**Scan QR Code for More Information**



<https://www.getonco.co.za>