



GETON CONTAINERS

Recommended outdoor power sources for good use in Johannesburg South Africa





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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.

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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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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. ...

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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 ...



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