

# **Recommended small solar container system in East Africa**





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### 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 ...

### 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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