Knowledge about Nutrients [1]

Week of:
Feb 22, 2019

What's the difference between vitamins and minerals? [2]

Dear Alice,

What is the difference between vitamins and minerals? It seems like most Americans are taking a lot of vitamins more than they need to. Is it good to take a lot of vitamins?

Read more [2]

Vitamin A(bsolutely needed)? [3]

Dear Alice,

Why do you need vitamin A?

Read more [3]

Antioxidants [4]

Dear Alice,

What is the role of antioxidants in health?

Read more [4]

Foods plentiful in potassium [5]
Dear Alice,

What foods are rich in potassium besides bananas?

Read more [5]

**Recommended dietary allowances (RDAs) of nutrients?** [6]

Dear Alice,

I've searched your site (and others as well) — I am looking for a listing of the US RDA for all vitamins and minerals in one place all together. I am looking for a vitamin supplement and want to get one that is as complete as possible and want to be able to make comparisons of products available. Thank you so much for your help.

Read more [6]

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