when dealing with pediatric otc cold medications, 99 percent of all medications have one or a combination of only nine (9) active ingredients

for example, a piece weighing 3.5-9 grams can provide calcium in the range of 100-650 mg (1.11-18.57 calcium by weight)

healthquest gives employees in five of its offices around the state an opportunity to learn about maintaining a healthy lifestyle—dash;from nutrition and fitness to safety in the event of a disaster

send questions and comments to allan wernick, new york daily news, 4 new york plaza, n.y., 10004 or email to questionsallanwernick.com

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