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### **How much weight can compressed air lift?**

#### Overview

Compressed air is pressurized air sent through an opening. For example, 100 lbs. per square inch through a one-inch-diameter nozzle has a lifting force of 100 lbs. Commercial air lifts can lift many thousands of pounds, such as vehicles for oil changes or even buses for rotating tires.

#### Keywords

compressed air, PSI, air lifts

#### Reference

[Auto Lift](#)

#### Resource

[Your Guide to Physics on the Web](#)

### **How much water passes through the Hoover Dam each year?**

#### Overview

A one-hour drive southeast of Las Vegas, Hoover Dam can allow from 52,360 to 299,200 gallons of water to pass through each day, with the excess flowing into one of two spillovers. This is an annual rate of 19,111,400 to 109,208,000 gallons per year.

#### Keywords

Hoover, Dam, hydro, plant, river

#### Reference

[U.S. Department of the Interior: Hoover Dam](#)

#### Resource

[Travel Tours to Hoover Dam](#)

#### Location

United States, West

### **How much zinc do I need for estrogen dominance?**

#### Overview

Estrogen dominance is caused in part by a lack of zinc, a mineral required for cellular metabolism. The recommended daily allowance (RDA) of zinc for adults is 11 mg for men and 9 mg for women. Pregnant women need 11 mg of zinc daily, while lactating mothers need 12 mg.

#### Keywords

Zinc, estrogen, RDA, supplements, hormone

Reference

[Fact Sheet for Zinc](#)

Resource

[Top 10 Foods Highest in Zinc](#)

## **How fast is Wi-Fi Internet?**

Overview

Wi-Fi networks utilize unlicensed radio frequencies to provide wireless Internet to computers. Currently, the rate at which data can be transferred across Wi-Fi bandwidths ranges from 11 Mbps to 54 Mbps. New wireless networks, called "Wireless N," hope to have a transfer rate up to 600 Mbps.

Keywords

Wi-Fi Internet, data download, transfer rate, wireless network

Reference

[Wi-Fi Certified](#)

[Wired: New Wi-Fi Standard Promises Blazing Fast Data Speeds](#)

Resource

[Wi-Fi Planet](#)

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