

Vitamins

If you are not already taking, please begin taking the following vitamins to help with overall bone health:

- o **Calcium 1,000-1,200 mg per day**
Calcium Citrate (Citracol) is the form of Calcium that is best absorbed by the body
- o **Vitamin D 800-1,000 IU per day**
- o **One-a-Day Multivitamin one per day**