



reno orthopedic clinic

Supplements for Bone Health

Bone is a growing, changing structure- in order to grow normal, healthy bones your body requires adequate vitamin D, calcium, and magnesium. It is best to take your vitamin supplements without taking medicines that block stomach acid production (such as Pepcid or Omeprazole) at the same time. It is also best to split your vitamins into twice daily dosing to maximize their absorption.

Vitamin D3: Vitamin D can be found in food, supplements and sunlight! About 10-15 minutes of exposure a few times a week can supply small amounts of vitamin D to the body (unfortunately SPF over 8 blocks the vitamin D producing UVA rays provided by the sun). Vitamin D is a fat soluble vitamin and therefore is best taken with food. It may be even more effective if you divide it into twice daily dosing. Vitamin D can be found in: fish liver oils (such as cod liver oil), fatty fish species (such as herring, salmon, mackerel, sardines, and tune), mushrooms, or full fat dairy products.

Take Vitamin D3 _____ IU Daily (split into twice daily dosing)

Some people with chronic liver or kidney disease may require Calcitrol (1,25-dihydroxyvitamin D) which is a vitamin D metabolite available in capsules of 0.25 and 0.5 micro-grams by prescription. It has a rapid onset of action and the half-life is only six hours. It is associated with a fairly high incidence of low calcium levels in your blood stream and can be dangerous if not followed carefully by a doctor.

Calcium: 1200mg calcium citrate is required for normal bone growth. Many food sources exist: green leafy vegetables (broccoli, collards, Chinese cabbage, kale), milk, cheese and yogurt, sardines, canned salmon, seaweed, sesame seeds and tahini, almonds, nuts and seeds.

Product	Servings/Day	Est. Calcium/Serving	Calcium In mg.
Milk (8 oz.)		X 300 mg.	=
Yogurt (6 oz.)		X 300 mg.	=
Cheese (1 oz.)		X 200 mg.	=
Fortified Foods/Juices		X 80 – 1,000 mg.	=

Add 250 mg for non-dairy sources to the subtotal above +250

Total = _____

Magnesium: 350 mg of magnesium daily. Consume green vegetables such as spinach, kale, halibut, almonds, cashews, and whole grains.

Vitamin C: It is unclear whether there is a true benefit to bone growth from vitamin C. There is some evidence however that vitamin C deficiency may be associated with osteoporosis. High doses of vitamin C are associated with kidney stones (so be careful)!!!

Vitamin K: Unclear evidence to support or deny use for bone health.

