

FIVE FACTS: OSTEOPOROSIS AND GUT HEALTH

- 1** Calcium & Vitamin D are not the only nutrients needed to build healthy bones. Magnesium, Vitamin K, C, and E are also important in bone metabolism.
- 2** Dairy products are not the only source of bone building nutrients.
- 3** Protein helps, instead of harming, bones.
- 4** Supplements alone cannot fix a poor diet.
- 5** Adequate intake of Calcium and Vitamin D is just as important for men as it is for women.

References:

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5. A review of mushrooms as a potential source of dietary vitamin D. Nutrients (2018) 10, 1948.
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