



## Calcium & Vitamin D Supplements

---

### *Tips for maintaining your bone strength*

1

#### Calcium Supplements

Take calcium supplements (1,200 mg a day in divided doses). The calcium total of 1,200 mg per day can come from supplements and/or food.

2

#### Vitamin D Supplements

Take a vitamin D supplement (1,000 IU a day). Vitamin D can be found as a standalone supplement or in a combination pill with calcium.

3

#### Get Exercise

Get daily weight-bearing and muscle strengthening exercise. Walking and light weightlifting are very important for maintaining your bone strength. Experts recommend at least 30 minutes a day of exercise.

4

#### Don't Smoke

If you are a smoker, stop smoking. You can speak to your primary care provider if you need help quitting.

For more information about osteoporosis or osteopenia, schedule an appointment with our Osteoporosis Clinic or your primary care provider.

for more information, contact us  
[gwdocs.com](http://gwdocs.com) or 202.741.3333