

Nutrition Depletion For Corticosteroids



Potential Health Problems:

- Taking corticosteroids may lead to osteoporosis over time. ¹

Depleted Nutrients:

- ✓ Calcium
- ✓ Vitamin D

Recommendations:

- Take a calcium supplement. Calcium supports your bone structure and function. Your body continually forms and breaks down your bones. As you age, your body speeds up bone loss (especially after menopause), and this can lead to weak bones and put you at risk for osteoporosis. Taking enough calcium lowers this risk. The recommended daily dose of calcium is 1,000 mg. ¹
- Take a Vitamin D supplement. Vitamin D helps you absorb calcium and maintain strong bones. Taking calcium and Vitamin D together helps protect older patients from osteoporosis. The recommended dose is 500 units of Vitamin D daily. ¹

**10% OFF ANY STRENGTH
OF HEALTH MART
CALCIUM & VITAMIN D**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

¹Homik J, Suarez-Almazor ME, Shea B, et al. Calcium and vitamin D for corticosteroid-induced osteoporosis. Cochrane Database Syst Rev. 2000; (2): CD000952.