

Supplements Myths Debunked!

#1 Myth Taking extra calcium supplements can prevent osteoporosis

FACT Taking more calcium than you need does not provide any extra benefits. You should follow the dose recommended by your doctor or pharmacist. Taking more than 4,000mg of calcium a day can cause:



Constipation



Nausea



Kidney stones

#2 Myth Most people do not need to take a vitamin D supplement

FACT Vitamin D helps to increase the absorption of calcium. You can get vitamin D from your diet or through exposing your skin to sunlight two times a week for 5 to 30 minutes each time.



#3 Myth If you drink plenty of milk and exercise, you are not at risk of osteoporosis

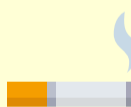
FACT Even if you drink plenty of milk and exercise, you may still be at risk of osteoporosis. There are many reasons why people get osteoporosis, including:



Having a family history of bone fractures



Being small and thin



Smoking



Drinking too much alcohol



Taking certain medications



Having certain medical conditions

