

Everyday Nutrients for Strong Bones™

See how food, adequate nourishment and key nutrients work together to support your skeleton.



BONES NEED A TEAM

No single nutrient builds strong bones by itself. Bone tissue is living tissue that depends on minerals, protein, vitamins, movement and enough overall nourishment.

1 PROTEIN

Provides building material for the bone matrix and helps maintain the muscle that protects balance and mobility.

FOODS: Fish, poultry, eggs, yogurt, tofu, beans and lentils



2 CALCIUM

Provides much of the mineral structure that gives bones strength.

FOODS: Dairy, fortified foods, calcium-set tofu, greens and fish with edible bones



3 VITAMIN D

Helps your body absorb calcium and supports normal bone mineralization and muscle function.

FOODS: Fatty fish, egg yolks and fortified foods



4 MAGNESIUM

Contributes to bone structure and helps regulate processes involving vitamin D, parathyroid hormone and bone remodeling.

FOODS: Beans, seeds, whole grains, leafy greens, soy foods and avocado



5 VITAMIN K

Activates proteins involved in bone metabolism, including osteocalcin. It does not literally carry calcium into your bones.

FOODS: Leafy greens, broccoli, soybeans, eggs and some fermented foods



6 VITAMIN C

Supports collagen formation, which helps create the flexible framework onto which bone mineral is deposited.

FOODS: Citrus, berries, kiwi, peppers, broccoli and tomatoes



DO NOT FORGET THE FOUNDATION

Consistently eating too little can make it harder to obtain enough protein, minerals and vitamins. Bones also need regular strength and weight-bearing movement.



BEFORE BUILDING A BONE SUPPLEMENT STACK

Calcium, vitamin D, magnesium and vitamin K work within the same system, but they do not automatically need to be purchased together or taken in matching amounts. Begin with food intake, health history, medications and professional guidance.



VITAMIN K CAUTION

If you take warfarin or another vitamin K-sensitive blood thinner, keep vitamin K intake consistent and discuss supplement changes with your healthcare provider.



Gentle Reminder

Supplements can fill specific gaps, but they cannot replace adequate food, movement or osteoporosis treatment when treatment is needed.



Martine's Midlife Wellness Tip

Build meals around a protein food, a calcium source and colorful produce. That simple pattern covers more bone-supportive ground than chasing one superfood.

