

# 3 essential nutrients for healthy bones

When you think of nutrients that help to keep your bones healthy the first that comes to mind is probably **calcium** - and you'd be right! But **vitamin D** and **vitamin K2**, shouldn't be far behind.

## Vitamin K2

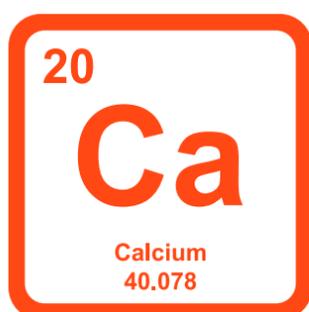


Vitamin K2 is a fat soluble nutrient involved in the body's ability to **produce, and maintain normal healthy bones**, through the formation of osteocalcin - a protein produced in bone matrix. Osteocalcin binds with calcium and results in calcium being deposited into bones and bone mineralisation.

Where to get it:

Cheese, cheese curd, natto (a fermented soya bean product), meat and egg yolks

## Calcium



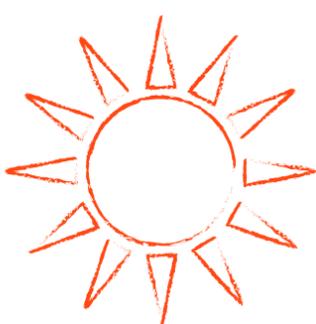
Calcium is essential for the **growth, development and maintenance of normal healthy bones**.

Sufficient calcium intake throughout life is needed to achieve optimal bone mass. Unfortunately though, less than half of all Australians get their daily recommended intake of calcium.

Where to get it:

Dairy products, salmon & sardines – with bones, tofu, broccoli and bok choy

## Vitamin D



Vitamin D helps with the **absorption of calcium** (and phosphorus) during digestion from the intestines, and **promotes the production of osteocalcin** - which plays a role in bone mineralisation.

Where to get it:

Sun exposure (10 to 15 minutes a day outside peak UV times), fatty fish, beef, butter, eggs, and cod liver oil