

## **FRACTURE HEALING & NUTRITION**

As with any injury, a person's nutritional status can play an important role in healing. When it comes to healing broken bones, two specific nutrients are involved:

- Calcium
- Vitamin D

### ***Vitamin D***

Vitamin D is a fat-soluble vitamin that among other functions assists in calcium metabolism & bone formation. Vitamin D is found in some "fortified" foods and foods such as salmon, mackerel and or tuna. The majority, however, is produced by cells in your skin naturally when exposed to sunlight.

Most people in this area, particularly during the winter rainy months do not get much sun exposure & will have low vitamin D. This may increase your risk for delay of fracture healing.

We strongly recommend you take the following doses of Vitamin D for 8 weeks during your fracture healing:

Adults:	5000iu per day of Vitamin D3
Adolescents over 100lbs:	5000iu per day of Vitamin D3
Children under 100lbs:	400iu per day of Vitamin D3

### ***Calcium***

Vitamin D should be combined with adequate daily intake of calcium. Calcium can come from foods or supplements. Daily guidelines are for 1200mg per day for otherwise healthy people.

**CAUTION:** taking excess calcium will not speed healing and may be extremely harmful.