

# Bone Health & Nutrition

Collagen, Calcium, Phosphorus, and Vitamin D are each crucial for bone health as we age. Collagen is the most abundant protein in our body that forms the scaffolding that gives our body its structure and strength. Calcium homeostasis is an even distribu

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## Vitamin D and its health benefits

Best known as the 'sunshine' vitamin, Vitamin D is important for bone health. This vitamin helps to increase our ability to absorb and retain calcium from our diets, contributing to stronger bones. Insufficient levels of Vitamin D has been shown to lead