

Calcium and Vitamin D: Food Sources and Supplementation

- [What should you know?](#)
- [Food Sources of Calcium and Vitamin D](#)
- [How much Calcium and Vitamin D do you need?](#)
- [Patients with Special Considerations](#)
- [Drug Interactions with Vitamin D and/or Calcium Supplements](#)

Make An Appointment

[651-290-8707](#)

Refer a Patient

[651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).