

B	I	N	G	O
Vitamin D	% DV	Alcohol	Smoking	Fish
400 IU Vit D	Supplements	Milk	10 minutes	Orange Juice
Sunshine	Whole Grains	FREE	1200mg Total	Calcium Carbonate
Calcium Citrate	Soy	Collard Greens	Calcium	Kale
Broccoli	25(OH)D	Oral Health	Yogurt	500mg Ca

B	I	N	G	O
Whole Grains	10 minutes	Smoking	400 IU Vit D	Milk
Alcohol	Yogurt	Fish	25(OH)D	Orange Juice
Calcium Citrate	1200mg Total	FREE	Calcium Carbonate	% DV
Calcium	Oral Health	Vitamin D	500mg Ca	Soy
Collard Greens	Kale	Sunshine	Supplements	Broccoli

B	I	N	G	O
25(OH)D	Oral Health	10 minutes	Kale	1200mg Total
Vitamin D	Calcium Citrate	Collard Greens	Supplements	Fish
Sunshine	500mg Ca	FREE	Soy	Calcium
Whole Grains	Orange Juice	Smoking	Yogurt	Alcohol
Calcium Carbonate	% DV	Milk	400 IU Vit D	Broccoli