

B	I	N	G	O
Supplement	%DV zero	Calcium	Silent thief	Know your risk
<2000 mg	Strength training	Osteoclasts	1 in 3	Protein
Sodium	Vitamin B12	FREE	1 in 5	Fortified foods
Fractures	Smoking	Fruits and Veg	Falls	Osteoblasts
FREE	2 million	Physical Activity	Vitamin D	Alcohol

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Vitamin B12	1 in 3	Silent thief	<2000 mg	Osteoclasts
Calcium	Vitamin D	Know your risk	2 million	Protein
Fractures	1 in 5	FREE	Fortified foods	%DV zero
Falls	Physical Activity	Supplement	Alcohol	Smoking
Fruits and Veg	Osteoblasts	Sodium	Strength training	FREE

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2 million	Physical Activity	1 in 3	Osteoblasts	1 in 5
Supplement	Fractures	Fruits and Veg	Strength training	Know your risk
Sodium	Alcohol	FREE	Smoking	Falls
Vitamin B12	Protein	Silent thief	Vitamin D	Calcium
Fortified foods	%DV zero	Osteoclasts	<2000 mg	FREE