

# Calcium and Vitamin D: Food Sources and Supplementation

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[Calcium and Vitamin D: Food Sources and Supplementation](#)

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This is a carousel with rotating slides. It is not auto-rotating. Use Next and Previous buttons to navigate.

Previous Article

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[Calcium and Vitamin D: Food Sources and Supplementation](#)



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Next Article

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**[Appointment: 651-290-8707](#)****[Refer a Patient: 651-325-2200](#)** **[Pediatric Expert Consult](#)** **[More Ways to Contact Us](#)**

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