

Supplements and CKD

What to Take and to Avoid

Talk to your Care Team before taking ANY Supplements or Vitamins.

Supplements You May Need (Only if your Doctor Says to)

- Vitamin B and C
- Vitamin D
- Iron
- Protein Shakes
- Phosphate Binders

Supplements To Usually Avoid

- Multi-Vitamins
- Herbal Supplements
- High Dose Vitamin C
- Anything with Potassium or Phosphate
- Calcium pills
- Creatine

Quick Tips to Help you

- Read Labels And Check for third Party Labels
- Bring Your Supplements to your Care Team
- Keep a list of Everything You Take
- Food First Approach, Then Supplement if Needed.