

The table below lists the nutrients needed for proper bone growth and development and their functions.

Bone Building Nutrients	Function
Calcium	Builds bones, both in length and strength
Protein	Forms the collagen matrix upon which minerals like calcium and phosphorous build hard bones
Magnesium	Links with calcium and phosphorus to harden bone
Phosphorus	Bonds with calcium in bone for strength
Vitamin A	Enables bone remodelling (breaks down and rebuilds bone)
Vitamin D	Aids in calcium and phosphorus absorption
Other Nutrients	
Carbohydrates	Provides energy for our muscles and brain
Vitamin B-6	Needed for protein metabolism
Vitamin B-12	Is necessary for growth, maintenance of nerve tissue and normal blood formation
Folacin	Is a growth factor and required for DNA synthesis
Thiamin	Needed for carbohydrate metabolism
Riboflavin	Helps convert food into energy
Niacin	Needed for carbohydrate utilization & tissue respiration
Pantothenate	Needed for fatty acid metabolism
Zinc	Essential for growth, and development, wound healing immunity and other physiological processes