

# Vitamins and kidney disease

Our bodies need certain vitamins and minerals to function properly. If you have kidney disease, you may not be getting enough vitamins and minerals if you are on a limited diet, have difficulty absorbing them, or are on dialysis.

## Vitamins that may be recommended

Depending on your stage of kidney disease and other health factors, you may be asked to take some of the following vitamins and minerals:

- **Vitamin B complex** serves multiple functions in your body like producing energy and maintaining normal levels of red blood cells.
- **Vitamin D** helps maintain healthy bones and other cell functions. Some forms of vitamin D are available over the counter, and some only by prescription.
- **Iron** helps your body keep enough red blood cells. It can be taken as a pill or an injection.
- **Vitamin C** helps keep tissues healthy, heal cuts or wounds, and absorb iron. However, too much can be harmful to kidneys. Always check with your care team to see what dose is right for you.



### We are here to help

Always check with your care team before taking any new vitamins.

