






My Glow For Low Phosphorus Pledge






Phosphorus Awareness Day is celebrated on 4.5 (April 5) because 4.5 is the goal for great phosphorus labs! To honor the day, we're lighting up the clinic with bright colors and brighter choices as we spotlight the importance of protecting your bones, heart, and overall health.

I Pledge To...

-  **Bring my binder bottle** to a treatment so I always know which binder is mine.
-  **Take my binders WITH my first bite**, so they work their best.
-  **Look for PHOS ingredients** on food labels and choose the brighter option.
-  **Ask questions** when I need help understanding phosphorus or binder timing.
-  **Do my best every day** to keep my phosphorus in a healthy range.

Why I Pledge

Because glowing brighter means:

-  Stronger bones
-  A healthier heart
-  Less itching
-  Better labs
-  Feeling better each day

SIGN BELOW TO JOIN THE GLOW!

Patient Name: _____ Signature: _____ Date: _____






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
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