

Pocket Cards: Phosphorus Additives

Please cut out these pocket-sized tip cards and hand them out to your patients so they can become label-reading superheroes! Each card highlights the most common phosphorus additives, perfect for keeping in a wallet and pulling out anytime they shop, helping them dodge high-PHOS foods and keep their bones, heart, and health glowing bright.

<p>P PHOSPHORUS ADDITIVE ALERT P</p> <p>PHOS additives absorb almost 100% into your blood. Look for these ingredients and avoid when possible:</p> <ul style="list-style-type: none">• Phos (ANY word starting with this)• Phosphoric Acid• Calcium Phosphate• Disodium Phosphate• Sodium Hexametaphosphate <p>TIP: If the label says "PHOS," choose another product.</p>	<p>P PHOSPHORUS ADDITIVE ALERT P</p> <p>PHOS additives absorb almost 100% into your blood. Look for these ingredients and avoid when possible:</p> <ul style="list-style-type: none">• Phos (ANY word starting with this)• Phosphoric Acid• Calcium Phosphate• Disodium Phosphate• Sodium Hexametaphosphate <p>TIP: If the label says "PHOS," choose another product.</p>
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