

<i>Nutrient/Food</i>	<i>Recommended Daily Intake</i>
Calcium	19-50 years: 1,000 51+ years: 1,200
Vitamin D	400-800 international units (IU)
Vitamin K	80 µg/day for men 25 years and older and 65 µg/day for women 25 years and older
Vitamin A	2,300 IU for women and 3,000 IU for men No more than 10,000 IU of vitamin A daily
Sodium	No more than 2,300 mg per day
Phosphorus	700 mg per day for adults, not to exceed 4,000 mg per day
Protein	10-35% of total calories
Carbohydrates & Fat	45-65% of total calories from carbohydrates and no more than 20-35% of total calories from fat
Caffeine, Alcohol and Soft Drinks	No recommended amount to aim for or to avoid; moderate intake of these factors is wise

**Service Hours:** 8:00 a.m. - 7:00 p.m. Monday  
(Facility hours may vary) 8:00 a.m. - 6:00 p.m. Tuesday, Wednesday, Thursday  
8:00 a.m. - 1:00 p.m. Friday

**Clinic Location:**  
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*Located in Washington Plaza*

