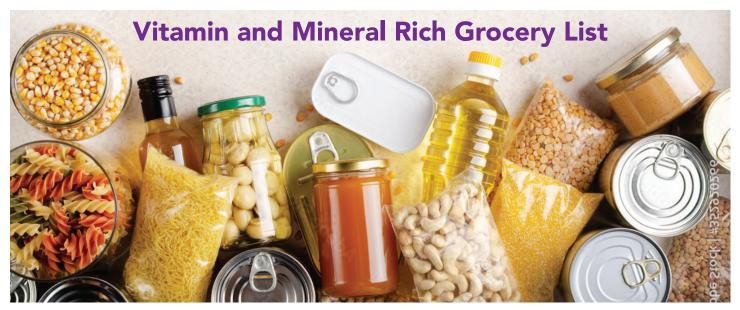
## PATIENT CARE AMERICA



Maintaining your dialysis regimen is vital for your health, but it may also remove some of your vitamin C, B vitamins, zinc, and other nutrients. This is why your body may need an extra nutrition boost to store energy, build muscle, and maintain a good quality of life.

Use the below shopping the list to choose foods that can help you meet your vitamin and mineral needs:

