Quick Study

June 1, 2005

HIV-related bone loss: In a small study, one group of HIVers took alendronate (you know it as Fosamax) with daily supplements of calcium carbonate (1,000 mg) and vitamin D (400 IU). Another group took the supplements only. The drug-and-supps set gained more bone density, and side effects were nil for all. Bones up!

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http://beta.docker.poz.com/article/Quick-Study-138-5863