

A better binder for a better you!

Phosphate binders are medications that help to absorb phosphorus from food in your stomach so it doesn't build up in your body as quickly. Food and binders work together to make a healthy heart and strong bones—that's why it's important to take them exactly as prescribed when you eat.

Some binders contain calcium. Too much calcium can lead to:



Hardening of the arteries

Bone deposits on skin

Irregular heartbeat

Death

Get the right binder for you

Read the statements below and check the ones that are important to you. Then share your list with your care team so they can choose the right binder for you.

- I want to take fewer pills each day.
- I want to avoid added calcium in my pills.
- I want to carry fewer pills with me when I dine outside my home.
- I want a binder that is easy to chew.
- I want a binder that is easy to swallow.
- I want a binder that will not make me constipated.
- Other: _____



LEARN MORE ABOUT PHOSPHATE BINDERS

Taking your medications, including phosphate binders, as prescribed and staying on top of your refills is an important part of your treatment plan. Visit [FreseniusKidneyCare.com/Binders](https://www.freseniuskidneycare.com/Binders) to learn more about how phosphate binders work.