


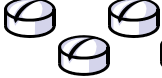


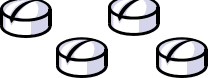
# CHOOSING A CALCIUM SUPPLEMENT

Calcium Citrate	VS.	Calcium Carbonate
<ul style="list-style-type: none"> <li>• Best absorbed form of calcium. It does not require extra stomach acid to be absorbed (can be taken without food).</li> <li>• Contains 21% elemental calcium. *</li> <li>• May Require more pills to reach the daily value of calcium .</li> <li>• People with acid reflux may not tolerate well.</li> </ul>		<ul style="list-style-type: none"> <li>• Most popular form on the market.</li> <li>• Requires extra stomach acid to be digested– best taken with or after a meal.</li> <li>• Contains 40% elemental calcium. *</li> </ul>

\* Elemental calcium refers to the amount of calcium in a supplement that is available for your body to absorb. When looking at the label, every 10% of the DV of calcium is equal to 100mg of elemental calcium. Example: 60% DV of calcium = 600mg of elemental calcium.

**Avoid calcium supplements that contain unrefined oyster shell, bone meal or dolomite. These products may also contain toxic substances such as lead, mercury and arsenic.**

Vitamin D aids the body in absorbing calcium. As we age our need for Vitamin D increases. It is recommended to choose a calcium supplement that contains Vitamin D.

	Caltrate 600+D (calcium carbonate)	Citracal +D (calcium citrate)	Os-cal 500+D (calcium carbonate)	VIActiv (calcium Carbonate)	TUMS E-X (calcium carbonate)
Recommended daily serving					
Calcium per serving	1,200 mg	1,260 mg	1,500 mg	1,500 mg	1,200 mg
Vitamin D per serving	800 IU	800 IU	600 IU	300 IU	Does not contain Vitamin D
Cost per serving	\$0.18	\$0.38	\$0.25	\$0.23	\$0.16

The body can only absorb between 500mg-600mg of calcium at a time. It is recommended to divide your supplement into 2 doses to increase the amount of calcium absorbed into the body.



## Recommended Calcium Intake Levels

Children age 1-3 years:	500 mg/day
Children age 4-8 years:	800 mg/day
Children age 9-18 years:	1300 mg/day
Adults age 19-50 years:	1000 mg/day
Adults age 51+ years:	1200 mg/day
Pregnant/Lactating:	1300 mg/day