

## Calcium and Vitamin D Supplements

This list contains information on some of the over-the-counter calcium and vitamin D supplement tablets, including multivitamins. We do not recommend any certain brand of tablet. This list gives you information on the exact calcium and vitamin D content of each tablet so that you may better choose which supplement to use. Information is also included on foods rich in calcium.

You should consume a total of 1,000 to 1,500 mg of elemental calcium daily through your diet and your calcium tablets. In tablet form, calcium is usually in the form of calcium carbonate. Calcium citrate is also available. Please note that only 40% of calcium carbonate is elemental calcium, and only 21% of calcium citrate is elemental calcium. Take calcium supplement tablets with meals to maximize your body's absorption of the calcium. Calcium tablets usually cause no side effects. Calcium carbonate can occasionally cause constipation, intestinal bloating or excess gas. Calcium citrate causes less of these side effects and is usually better absorbed. When reading a calcium supplement bottle for the calcium content of the tablet be aware that sometimes the calcium content is given "per serving" instead of "per tablet". A "serving" is usually two tablets.

You should also take 800 to 2000 I.U. of vitamin D every day. Vitamin D helps your body to absorb the calcium that you eat.

Name	Calcium Type	Elemental Calcium Per Tablet	Vitamin D Per Tablet
Caltrate 600	Carbonate 1500mg	600mg	None
Caltrate 600 + D	Carbonate 1500mg	600mg	200 I.U.
Caltrate Plus (other minerals)	Carbonate 1500mg	600mg	200 I.U.
Os-Cal	Carbonate 1250mg	500mg	125 I.U.
Os-Cal 500 + D	Carbonate 1250mg	500mg	200 I.U.
Tums (Regular)	Carbonate 500mg	200mg	None
Tums E-X (Extra Strength)	Carbonate 750mg	300mg	None
Tums Ultra	Carbonate 1000mg	400mg	None
Tums 500	Carbonate 1250mg	500mg	None
CalBurst Chews	Carbonate 1250mg	500mg	200 I.U.
Calcichew	Carbonate 1250mg	500mg	None
Nature Made	Carbonate 1500mg	600mg	200 I.U.
Viactiv 500 + D + K	Carbonate 1250mg	500mg	100 I.U.
Your Life Calcium + D	Carbonate 750mg	300mg	100 I.U.
Citracal	Citrate 950mg	200mg	None
Citracal + D	Citrate 1500mg	315mg	200 I.U.
Calcium Citrate + D	Citrate 1500mg	315mg	200 I.U.

### Multivitamins

Centrum	Carbonate 405mg	162mg	400 I.U.
Centrum Silver	Carbonate 500mg	200mg	400 I.U.
Geritol Complete	Phosphate 385mg	154mg	400 I.U.
One-A-Day + Calcium	Carbonate 1250mg	500mg	400 I.U.

### Dietary Calcium Intake

Daily food intake in the U.S. contains an average of 300mg elemental calcium. Some calcium-enriched foods:

Food	Serving Size	Elemental Calcium Content
Milk (whole, choc, 2%, or skim)	1 cup or 8 oz.	300mg
Yogurt (fruit, low-fat)	1 cup or 8 oz.	300mg
Yogurt (plain, low-fat)	1 cup or 8 oz.	400mg
Ice Cream	1 cup or 8 oz.	150mg
Cheddar or American Cheese	1 oz.	200mg
Calcium-fortified Orange Juice	8 oz.	300mg
Cottage Cheese	1 cup or 8 oz.	200mg