

# You need **Calcium** with **Vitamin D** for strong bones and teeth.

I need \_\_\_\_\_mg (milligrams) of **Calcium** & \_\_\_\_\_IU (international units) of **Vitamin D** every day. I can get Calcium and Vitamin D from **food** and from **supplements**.

How much calcium do I need each day?

My age is...	So, I need...	If pregnant or lactating
9-18	1300 mg/day	1300 mg/day
19-50	1000 mg/day*	1000 mg/day
50+	1200mg/day*	

\*With celiac disease, you need more. Ask your doctor.

How much Vitamin D do I need each day?

Ask your doctor or dietitian.

\*Choose a gluten-free Calcium supplement with added Vitamin D.

\*\*Skin exposed to sunlight produces Vitamin D, but you need more than your skin can make during the winter months (Oct - April) in New England.

## Calcium Supplements

There are 3 types...	Costs	Notes
Calcium Carbonate	Least	Take with a meal. If you have gas or constipation, increase fluids and activity or switch formulas.
Calcium Phosphate		Well absorbed. No gas or constipation.
Calcium Citrate	Most	Most easily absorbed. No gas or constipation. Safest for individuals prone to kidney stones.

### Low-lactose or lactose free calcium-rich foods



Lactaid milk  
Soy milk\*  
Rice milk\*  
Potato milk\*  
Nut milk\*  
Hemp milk\*



Low-lactose cheeses  
Parmesan, Swiss,  
Cheddar, Romano



Yogurt with live,  
active cultures

\* Check for barley malt and brown rice syrup. Must be gluten-free.

### Food sources of Vitamin D

Fortified milk or soymilk  
Fortified gluten free cereals  
Egg yolk  
Butter or cream  
Liver  
Fatty Fish

*If you...*



- Take prescription medication
- Take aluminum-containing antacids
- Have any of the following after taking calcium...

- kidney disease
- constipation
- colitis
- diarrhea, nausea, vomiting
- stomach or intestinal bleeding
- slow or irregular heartbeat
- heart problems
- poor digestion
- headaches
- confusion

*...talk to your doctor*

**DO NOT**



- Take > **2500mg/day** from diet and/or supplementation, unless under supervision of your doctor.
- Take **aluminum-containing antacid** for calcium.
- Take calcium if you have a **high blood calcium level**.
- Take calcium if you have **sarcoidosis**.
- Take supplements made from **bone meal, dolomite or oyster shell**. They may contain toxic substances.

# Tips for taking Calcium supplements

## Standard formulation



Compressed Tablets

## If you have trouble digesting tablets, try these:



Liquid Gels



Powder

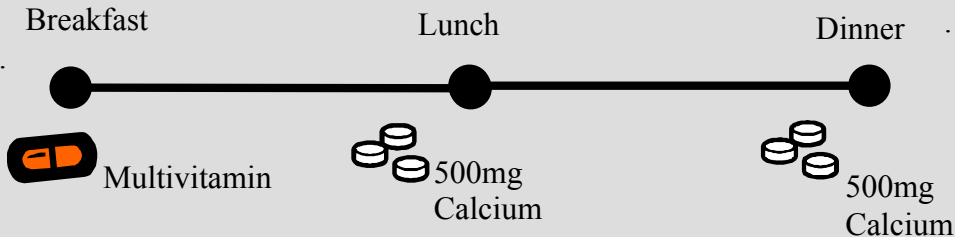
Chewable

Check how much **calcium per serving size** is actually in your supplement.

Supplement Facts	
Serving Size: 500mg	
Amount Per Serving	
Calcium	200mg

Check this amount.

Example:



- Choose a particular hour or meal to establish a habit.
- For better absorption, divide your daily requirement into doses of 500mg or less, spaced throughout the day.
- Take your calcium supplement separately from your multivitamin if your vitamin contains **iron**.

## Who makes gluten-free calcium and vit D supplements?

Freeda's Vitamins: 800-777-3737  
 Solgar: 877-SOLGAR-4  
 White-Hall Robins: 888-797-5638  
 Caltrate (tablet and chewable)  
 Citracal: 866-511-9328  
 Viactiv: 1-877-VIACTIV  
 Soft Calcium Chews with Vitamin D  
 Note: each Viactiv chew contains 0.5 gm lactose.  
 Country Life: 800-645-5768  
 Kirkman Labs: 800-245-8282  
 Nature Made: 800-276-2878  
 Pioneer Nutritionals: 800-458-8483

Be sure to **ask for gluten-free supplements** when you call as some of these companies also make products that have gluten. If you are already taking a supplement, read the label to check for unidentified starches or other ingredients that may contain gluten. Call the product research department to assure that your supplement is gluten-free, if you have questions *Caution: Some calcium supplements contain lactose and soy.*