

CALCIUM SUPPLEMENTS

Note that many preparations of calcium list the calcium amounts on the label **for the suggested dose** which **oftentimes is two tablets, not one.**

Calcium Citrate (24% calcium) - This is the preferred preparation

Calcium citrate can be taken with or without food. Its absorption will not be affected. **Ask the pharmacist where they keep their calcium citrate.**

1. Citracal (200 mg calcium)
2. Citracal 250 + D (250 mg calcium + 62 IU vitamin D)
- 3. Citracal Caplets + D (315 mg calcium + 200 IU vitamin D). This one is the preparation I recommend most of my patients to take. Take 2 tablets at breakfast and 2 tablets at dinner.**
4. Citracal Liquitabs (500 mg calcium)

Calcium Carbonate (40% calcium) - Not as easily absorbed as calcium citrate

Calcium carbonate **MUST** be taken with food. It requires stomach acid, which is secreted at mealtime, to hydrolyze the calcium carbonate so that it can be absorbed. If you are taking proton pump inhibitors or H2 blockers, its absorption is likely to be poor or very poor. Older adults who don't make much stomach acid may not absorb this brand of calcium.

1. Caltrate 600 (600 mg calcium)
2. Caltrate D (600 mg calcium + 200 IU vitamin D)
3. Caltrate Plus (600 mg calcium + 200 IU vitamin D, magnesium, zinc, copper, manganese, boron)
4. Caltrate 600 Plus Chewables (600 mg calcium + 200 IU vitamin D)
5. Os-Cal 250 + D (250 mg calcium + 125 IU vitamin D)
6. Os-Cal 500 Chewable (500 mg calcium)
7. TUMS E-X (300 mg calcium)
8. Viactiv Chewables (500 mg calcium + 100 IU vitamin D, 20 calories sugar)

Calcium Phosphate

1. Posture D (600 mg calcium + 125 IU vitamin D)

Multivitamins

1. Centrum (162 mg calcium phosphate + 400 IU vitamin D)
2. Centrum Silver (200 mg calcium phosphate + 400 IU vitamin D)
3. Theragram (40 mg calcium + 400 IU vitamin D)
4. Woman's One A Day (450 mg calcium carbonate + 400 IU vitamin D)

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