

## CHOOSING A CALCIUM SUPPLEMENT

Now calcium guidelines advise adults up to age 50 to get 1,000 milligrams daily, and 1,200 for those over 50. Post-menopausal women not on hormone replacement therapy require 1,500 milligrams daily. Needs also increase to 1,200 to 1,500 milligrams during pregnancy. Currently, the average U.S. adult gets 500 to 700 milligrams of dietary calcium daily. While it is best to make up the difference by eating more calcium-rich-foods-such as dairy foods, and leafy green vegetables-that's not practical for everyone. A calcium supplement may fill the gap. But which supplement should you choose? Here is what you need to know:

- Σ Calcium is always combined with another compound. Calcium carbonate yields the most calcium per pill, but calcium citrate and calcium citrate-malate are the best absorbed. Check labels for how much "elemental calcium" a formula yields to determine how many pills it would take to meet your calcium requirements.
- Σ Calcium is best absorbed in doses of 500 milligrams or less, taken with meals. But take your calcium at a different time than your iron supplement if needed. Likewise take calcium separately from the osteoporosis medication Fosamax, or the drug's effectiveness will be diminished.
- Σ Older adults require vitamin D for optimal calcium absorption. Your current Multivitamin may provide anywhere from 400 to 1,000 IU of vitamin D. Check labels of your multivitamin and choose a calcium with or without vitamin D based on your total vitamin D requirements and dietary intake.
- Σ Calcium supplements derived from oyster shells, bone meal, or dolomite are most likely to be contaminated with lead. Avoid these supplements. Some manufacturers are trying to reduce brands that contain lead.

CALCIUM SUPPLEMENT (1 Tablet)	ELEMENTAL CALCIUM (mgs)	FORMS OF CALCIUM	OTHER NUTRIENTS
Caltrate 600	600	Carbonate	None
Caltrate 600 + D	600	Carbonate	Vitamin D
Citrical Calcium Citrate Ultradense Caplets + D	315	Citrate	Vitamin D
Nature Made Calcium and Magnesium with Zinc	333	Carbonate	Magnesium, zinc
Oscal 500 + D	500	Carbonate	Vitamin D
Posture D	600	Phosphate	Vitamin D
Your Life Natural Source Calcium	500	Carbonate	Vitamin D
Nature Made Calcium	500	Carbonate	Vitamin D
Natures Valley Purified Calcium Plus D	600	Carbonate	Vitamin D
Osco Calcium	600	Carbonate	Vitamin D
Tums	200	Carbonate	None
Tums 500	500	Carbonate	None
Viactiv (1 chew)	500	Carbonate	Vitamin D

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