

Calcium + Vitamin D ... What Women Need to Help Prevent Osteoporosis

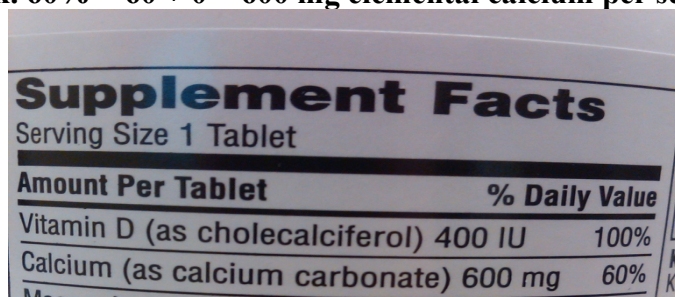
- Adequate intake of Calcium + Vitamin D helps keep bones strong and has other health benefits as well.
- Everyone needs Calcium + Vitamin D, but women nearing menopause and post menopausal women need more than other people.

DIET

- Diet is not enough, but still very important!
- Most women only consume 700 mg of calcium per day.
- A glass of milk or serving size of other dairy products (yogurt, cheese, etc) provides about 300 mg of Calcium.
- We get most of our Vitamin D from the sun.
- Some foods that have Vitamin D are salmon, tuna, and vitamin D fortified orange juice and milk.

SUPPLEMENTS

- A multivitamin will not provide the total amount of Calcium + Vitamin D required for a women.
- Women need 1000-1500 mg of *elemental* calcium/ day and 800-1000 units of Vit D/ day
 - Most supplements are not 100% elemental calcium.
 - Look at the back of the bottle to determine what the elemental calcium is...
 - Look at what % is the recommended daily allowance (RDA) and add a “0” to the end of it. That is the amount of elemental calcium.
 - ex. 60% = 60 + 0 = 600 mg elemental calcium per serving



- Types of Supplements
 - Vitamin D - make sure your supplement has Vit D3 (cholecalciferol), not D2 (ergocalciferol)
 - Calcium Carbonate vs. Calcium Citrate

Type	Calcium Carbonate	Calcium Citrate
Common Brand Names	Caltrate, Viactiv Chews	Citracal
Need to take with food	Yes	No
Pill size	Large	Small
Amount of elemental Calcium per pill	More elemental calcium so need less pills	Less elemental calcium so need more pills
Cost	\$	\$\$\$

- How to Take Calcium + D
 - Take 1 pill at a time with meals and lots of water!
 - If you take more than 1 pill at a time your body will not absorb it and you will waste the supplement.
 - If you take an antacid or have stomach problems, Calcium Citrate may be better because it doesn't require food to be absorbed. Take it before your antacid and consult your doctor.