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.

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- 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 woman.
- 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Calcium Carbonate</th>
<th>Calcium Citrate</th>
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</thead>
<tbody>
<tr>
<td>Common Brand Names</td>
<td>Caltrate, Viactiv Chews</td>
<td>Citracal</td>
</tr>
<tr>
<td>Need to take with food</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Pill size</td>
<td>Large</td>
<td>Small</td>
</tr>
<tr>
<td>Amount of elemental Calcium per pill</td>
<td>More elemental calcium so need less pills</td>
<td>Less elemental calcium so need more pills</td>
</tr>
<tr>
<td>Cost</td>
<td>$</td>
<td>$$</td>
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</tbody>
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- 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.