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Calcium and Vitamin D

This information is not a tool for self-diagnosis or a substitute for medical treatment. You should speak to your health care provider or make an appointment to be seen if you have any questions or concerns about this information or your medical condition.

Eating a balanced diet with enough Calcium and Vitamin D is a key step in the prevention of Osteoporosis.

How much Calcium do I need?

- Teenagers ages 9-18 1300 mg daily
- Adults ages 19-50 1000mg daily
- Adults 51 or older 1200mg daily
- Pregnant or nursing mom's 1200 mg daily
- Postmenopausal women 1200 to 1500 mg

There are many different types of foods that are rich in calcium.

- An 8 ounce glass of milk contains about 300mg of calcium
- Yogurt, salmon, tofu, beans and almonds have about 100mg in 2oz servings
- Orange juice and soy milk comes in calcium-fortified forms. (Look at the label)

Information about supplements

- Always read the label before buying a supplement. Each brand's calcium and range from 200 to 600mg.
- The chewable tablets are absorbed better than pills that are swallowed whole.
- Research suggests that calcium supplements are best absorbed when taken in doses of 500mg of calcium or less.
- It is better for you to split your calcium supplements throughout the day.

Should you take Calcium carbonate or calcium citrate?

- Calcium carbonate may not be absorbed if acid blocking medications for reflux are used.
- Calcium citrate can be taken anytime.
- If constipation is an issue, Calcium Citrate (Citrcal) may be a better choice.
- If you take a drug to block stomach acid such as Zantac, Pepcid, Prilosec, or Protonix you should take Calcium Citrate.