

How much Calcium do we need?

Women	9-19 years old	1,300 mg/day
	19-50 years old	1,000 mg/day
	Over 50 years old	1,200-1,500 mg/day
	Pregnant/Lactating	1,000 mg/day
Men	9-19 years old	1,300 mg/day
	19-50 years old	1,000 mg/day
	Over 50 years old	1,200-1,500 mg/day
	Osteoporosis	1,500 mg/day

mg=milligram

mg/day=milligrams each day

How much Vitamin D do we need?

Women	9-19 years old	200-400 IU/day
	19-50 years old	400 IU/day
	Over 50 years old	800 IU/day
	Pregnant/Lactating	400 IU/day
Men	9-19 years old	200-400 IU/day
	19-50 years old	400 IU/day
	Over 50 years old	800 IU/day
	Osteoporosis	800 IU/day

IU=international units

IU/day= international units each day

Dietary Sources of Calcium

Food	Serving Size	Calcium Content
Yogurt (low-fat plain)	1 cup	415 mg
Milk (skim)	1 cup	306 mg
Silk Soy milk or Organic Valley Soy	1 cup	300 mg
Cheese	1 oz	207 mg
Tofu (w/ calcium sulfate)	1/2 cup	204 mg
Orange Juice (calcium-fortified)	1 cup	200 mg

Dietary Sources of Vitamin D

Food	Serving Size	Vitamin D Content
Milk (skim, low-fat, whole)	1 cup	100 IU
Soy milk, fortified	1 cup	100-120 IU
Eggs (with yolk)	1	25 IU
Ready-to-eat cereals, fortified	1 cup	40 IU

* Consult your doctor or pharmacist before starting any new supplements



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HOURS: 9AM-6PM M-F • 9AM-1PM Sat

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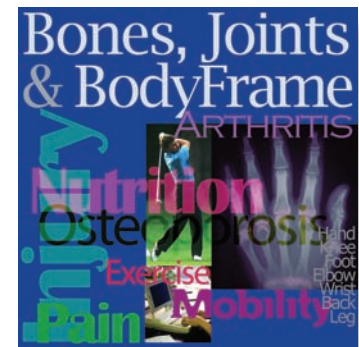
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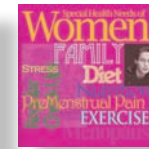
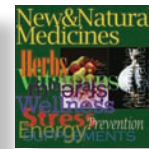
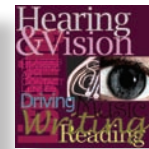
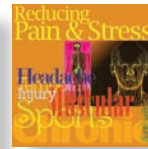
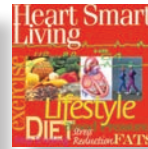
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Facts About Calcium & Vitamin D



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Why do we need Calcium?

- All the cells in our body need calcium.
- About 99% of calcium in the body is in our bones and teeth
- Calcium is needed for muscles and blood vessels to contract and expand
- Calcium is needed to send messages throughout the nervous system
- Calcium is needed to regulate hormones and enzymes
- The skeleton holds 99% of our body's calcium. Our bones are constantly being broken down and reformed again. Without adequate calcium in our diets, our bones have a hard time reforming again, putting us at risk for osteoporosis.

Why do we need Vitamin D?

- Vitamin D helps the body absorb calcium
- Vitamin D helps keep the proper balance of calcium and phosphorus in the blood
- Vitamin D can help lower the risk of some types of cancer

Calcium Supplements

Calcium Carbonate

Brand names: Tums, Caltrate, Os-Cal

Cass Street Pharmacy products:

- Calcium 500mg, Calcium 600mg, Calcium 500mg + D, Calcium 600mg + D, Oyster Shell Calcium with vitamin D
- Provides 40% elemental calcium
- Least expensive and most commonly used
- Not recommended for people on stomach medications (*Prilosec, Prevacid, Nexium, and Protonix*)
- Side effects: constipation, gas, and bloating

Calcium Phosphate

Brand names: Posture

- Provides 38% of elemental calcium
- Not recommended for people on stomach medications (*Prilosec, Prevacid, Nexium, and Protonix*)

Tips for Taking Calcium

- For best results, do not take your total daily calcium dose all at one time. Spread it over 2-3 times a day.
- Take calcium carbonate and calcium phosphate with meals
- Take with Vitamin D to improve absorption

Calcium Citrate

Brand names: Citracal

Cass Street Pharmacy products:

Calcium Citrate + D

- Provides 21% elemental calcium
- More expensive than the calcium carbonate
- Recommended for the elderly, people on stomach medications (*Prilosec, Prevacid, Nexium, Protonix*), people prone to kidney stones
- Side effects: same as calcium carbonate, but less constipation, gas, and bloating

Calcium Lactate

Brand names: Cal-Lac

- Provides 13% elemental calcium
- Recommended for the elderly, people on stomach medications (*Prilosec, Prevacid, Nexium, Protonix*), people prone to kidney stones