

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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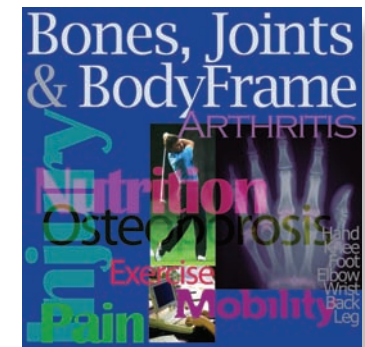
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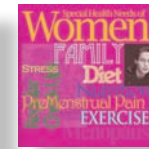
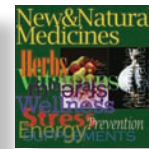
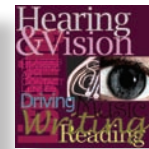
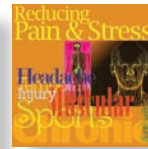
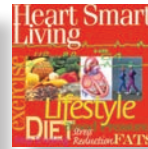
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**Facts About
 Calcium &
 Vitamin D**



**Cass Street
 Pharmacy**



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