

## Calcium Supplements

Most people need 1000 to 1500 mg of calcium every day. Some people can get all they need from their foods and drinks but some people come up short. How do you know if you need a calcium supplement? Use the calcium counter to see how much calcium you get on a typical day. Then decide how you want to get the rest of your calcium. You might choose to eat and drink more high calcium foods and drinks. Or you may decide you'd rather add on the rest of your calcium with supplements. It's up to you how you want to get your daily dose of calcium. You should aim for 1000 IU's of vitamin D total from your supplement sources. That includes your calcium plus D supplements, multivitamin, and any other supplements that you take.

<b>Brand Name</b>	<b>Type of Calcium</b>	<b>Serving Size</b>	<b>Calcium (mg) per tablet</b>	<b>Vitamin D<sub>3</sub> (IU's) per tablet</b>	<b>Other Nutrients</b>	<b># of tablets per bottle</b>	<b>Cost per Bottle</b>	<b>Cost per 1000 mg of Ca</b>
Citracal w/ VitD	Calcium Carbonate	2 caps	315 mg	200 IUs		60	\$8.49	50 cents
Caltrate 600+D	Calcium Carbonate	1 tab	600 mg	400 IUs		60	\$7.99	20 cents
Citracal Plus Bone Density Builders	Calcium Carbonate and Calcium Citrate	2 tabs	300mg	200 IUs	Mg: 50 mg Zn-7.5 mg Cu-1 mg	80	\$13.99	60 cents
Caltrate 600 +D Plus Mineral	Calcium Carbonate	1 tab	600mg	400 IUs	Mg-40 mg Zn-7.5 mg Cu- 1mg	60	\$7.99	20 cents
Walgreen Calcium 600 +D	Calcium Carbonate	1 tab	600mg	400 IUs		60	\$4.99	10 cents

Other Nutrients: Mg= Magnesium    Zn= Zinc    Cu=Copper  
 IU's = International Units  
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Revised May 2009

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Viactiv Milk Chocolate Chews	Calcium Carbonate	1 piece	500mg	200 IUs	Vitamin K – 40mcg	60	\$8.49	30 cents
Walgreen Chewable Calcium for Women Milk Chocolate	Calcium Carbonate	1 each	500 mg per piece	100 IUs		60	\$5.99	20 cents
CVS Calcium 600 + D	Calcium Carbonate	1 tab	600 mg	400 IUs		60	\$5.79	20 cents
CVS Calcium 600 + D plus mineral	Calcium Carbonate	1 tab	600 mg	400 IUs	Mg-40mg Zn-7.5mg Cu-1mg	60	\$5.79	20 cents
Equate Walmart Calcium 600 + D	Calcium Carbonate	1 tab	600mg	400 IUs		120	\$5.84	10 cents
Equate Walmart Calcium Citrate + D	Calcium Citrate	2 tablets	600mg	400 IUs		120	\$5.42	10 cents
Publix Calcium + D	Calcium Carbonate	1 tab	500 mg	200 IUs		160	\$7.99	10 cents

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Publix Calcium 600 w/ Vit D plus minerals	Calcium Carbonate	1 tab	600 mg	400 IUs	Mg-50mg Zn-7.5mg Cu-1mg	60	\$3.99	10 cents
Rite Aid 600 Calcium + Vit D	Calcium Carbonate	1 tab	600mg	400 IUs		60	\$6.99	20 cents
Rite Aid 600 Calcium + VitD Plus Mineral	Calcium Carbonate	1 tab	600mg	400 IUs	Mg-40mg Zn- 7.5mg Cu- 1mg	60	\$6.99	20 cents
Tums EX	Calcium Carbonate	2 tabs	600mg			96	\$3.74	13 cents
Equate Extra Strength Antacid Calcium Supplement	Calcium Carbonate	2 tabs	640 mg			96	\$2.57	9 cents
Publix Extra Strength Antacid Calcium Supplement	Calcium Carbonate	2 tabs	640 mg			96	\$2.99	10 cents

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Walgreen Extra Strength Antacid Calcium Supplement	Calcium Carbonate	2 tabs	640 mg			96	\$2.97	10 cents
Rite Aid Extra Strength Antacid Calcium Supplement	Calcium Carbonate	2	640 mg			96	\$2.69	9 cents
CVS Extra Strength Antacid Calcium Supplement	Calcium Carbonate	2	640 mg			96	\$2.89	10 cents
Tums Smoothies	Calcium Carbonate	2	600mg			60	\$4.79	27 cents
Tums Ultra 1000	Calcium Carbonate	2	800mg			72	\$4.79	17 cents
Tums Regular Strength	Calcium Carbonate	2 tabs	400mg			150	\$4.79	16 cents

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Equate Ultra Strength Antacid	Calcium Carbonate	2 tabs	850mg			72	\$3.99	13 cents
Walgreen Regular Strength Antacid	Calcium Carbonate	2 tabs	400mg			150	\$3.99	14 cents
Publix Regular Strength Antacid	Calcium Carbonate	2 tabs	430mg			150	\$2.99	10 cents
Walgreen Ultra Strength Antacid	Calcium Carbonate	2 tabs	800mg			72	\$3.99	14 cents
CVS Regular Strength Antacid	Calcium Carbonate	2 tabs	400mg			150	\$3.99	14 cents
CVS Ultra Strength Antacid	Calcium Carbonate	2 tabs	800mg			72	\$4.49	16 cents

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Rite AidReg Strength Antacid	Calcium Carbonate	2 tabs	400mg			150	\$3.99	14 cents
Rite Aid Ultra Strength Antacid	Calcium Carbonate	2 tabs	800mg			72	\$4.99	18 cents

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