

RECOMMENDED CALCIUM SUPPLEMENTS

- ✓ Tums (calcium carbonate regular (200mg), extra (333mg), and Ultra (400mg))
- ✓ Os-Cal
- ✓ Caltrate
- ✓ Citracal
- ✓ Generic brands
- ✓ Viactiv

HELPFUL TIPS

- ✓ Vitamin D increases your body's ability to absorb calcium. Supplements are available with it added, or a multivitamin may be taken.
- ✓ Be sure to add the calcium in multivitamins to your total intake, some contain up to 500mg of calcium.
- ✓ Separate calcium doses for better absorption, i.e. take them at breakfast, lunch and dinner.
- ✓ Consult a physician if you have a history of elevated blood calcium levels (hypercalcemia) or kidney stones.
- ✓ Avoid excess caffeine or carbonated beverages (more than 2-3 cups per day).
- ✓ Consider estrogen or hormone replacement therapy if you are postmenopausal or have had ovaries removed before menopause. Estrogen helps keep calcium in your bones and helps slow the bone breakdown process.
- ✓ Avoid bone meal or dolomite supplements, because they are mixed with concentrated lead toxins and may contain toxic metals, such as lead, mercury, or arsenic.
- ✓ Begin a weight-bearing exercise program, for 30 min. 5 days a week, supplemented by stretching. Exercise that forces the body to work against gravity is helpful in building and maintaining strong bones. Examples include walking, hiking, low-impact aerobics, racquet sports, treadmill, stair-climbing, etc. Swimming, although it is an excellent source of cardiovascular exercise, is not considered weight bearing.
- ✓ A multivitamin with minerals is recommended along with daily calcium supplementation. This will provide a range of trace minerals, along with magnesium, which is necessary for strong bones. Some combined calcium/magnesium supplements may contain more than the recommended amount of magnesium.