

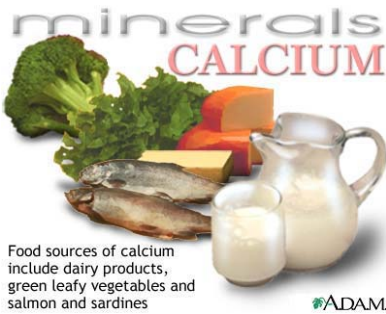
All About Calcium

Fast Facts about Calcium

- Calcium is the most abundant mineral in the body. Ninety-nine percent is stored in our bones and teeth.
- Calcium is required for the contraction of muscles, including the heart muscle.
- Calcium is also vital for nerve impulses, blood vessel movement, blood clotting and more.
- If you don't have enough calcium in your blood, the body pulls from your calcium bank – your bones.
- Excessive bone loss can lead to fractures and bone disease, such as osteoporosis. The best way to evaluate your bone density is with an annual DEXA scan (even if you don't meet the traditional age requirement).



Calcium and Gastric Bypass



- Most people don't get enough calcium in their diet. It is especially hard to meet calcium needs after gastric bypass surgery because calcium requires an acidic environment to be properly absorbed. The bypass pouch is not acidic enough to absorb enough calcium through the diet. Calcium supplements are required.
- One bonus of taking calcium supplements is that most supplements contain vitamin D, a vitamin that is hard to get enough of from the diet.

Calcium Supplementation

- The goal is to take 1500-2000 mg *elemental* calcium from calcium citrate with Vitamin D, in divided doses.
- Calcium citrate (eg: Citracal) is the best absorbed calcium. Calcium carbonate (eg: Tums, Viactiv, Caltrate) is NOT.
- Your supplement should also contain vitamin D.
- You only absorb limited amounts of calcium at one time so you will need to take your calcium at least 3-4 times a day (eg: one dose at breakfast, lunch and dinner). One dose is typically 2 pills.
- A high dairy intake does not take the place of calcium supplementation.
- Calcium preparations from shell, dolomite or bone meal should be avoided.
- Avoid taking your calcium with your supplemental iron. It can be taken with or without food but it's better taken with food if you are at risk for kidney stones.
- Other ways to protect your bones are to exercise, avoid smoking and avoid excessive salt and caffeine.



Choices for Calcium Supplements

Pills

- Citracal petite
1 pill = 200 mg and 250 IU vitamin D
Dosing: 2 pills, 4 times per day (**8 pills=1600 mg ca, 2000 IU vit D, 0 calories**)
- Citracal Max
1 pill = 315 mg and 250 IU vitamin D
Dosing: 2 pills, 3 times per day (**6 pills=1890 mg ca, 1500 IU vit D, 0 calories**)

Supplement Facts		
Serving Size: 2 Caplets Servings Per Container: 60		
Amount Per Serving		% Daily Value
Vitamin D-3 (Cholecalciferol)	100 IU	100%
Calcium (Calcium Citrate)	630 mg	63%



Read the label carefully. You get 630 mg of calcium from this supplement for every TWO tablets you take. To get over 1500 mg of calcium, you would have to take 6 tablets a day.

Chewables

- Calcium citrate chew (aka "Chewy Bites") by Bariatric Advantage (www.bariatricadvantage.com)
1 chew = 250 mg Ca and 125 IU vitamin D (plus 15 calories)
In raspberry, chocolate, caramel or lemon crème
Dosing: 2 chews, 3 times per day (**6 chews=1500 mg ca, 750 IU vit D, 90 calories**)
- Calcet Creamy Bites (www.bariatriceating.com)
1 chew = 500 mg Calcium and 400 IU vitamin D (plus 40 calories)
In Lemon Cream and Chocolate Fudge
Dosing: 1 chew, 3 times per day (**3 chews=1500 mg ca, 1200 IU vit D, 120 calories**)
- Lozenges by Bariatric Advantage (www.bariatricadvantage.com)
1 lozenge = 500 mg Ca and 300 IU vitamin D
In wild cherry, cinnamon, mint or chocolate
Dosing: 1 lozenge, 4 times per day (**4 lozenges=2000 mg ca, 1200 IU vit D, 0 calories**)
- Calcium Plus 500 Chewable tablet by Celebrate (www.celebratevitamins.com)
1 tablet = 500 mg Calcium and 267 IU vitamin D (plus 7 calories)
In berries n' cream, orange burst and cherry tart
Dosing: 1 tablet, 3 times per day (**3 tablets=1500 mg ca, 1000 IU vit D, 20 calories**)



Powder/Crystals - Dissolves in water or most liquids, in tubs or convenient individual serving packets

- Calcium crystals by Bariatric Advantage (www.bariatricadvantage.com)
1 pkt or 2 level scoops = 600 mg Ca and 500 IU vitamin D (plus 15 calories)
Unflavored
Dosing: 1 dose, 3 times per day (**3 dose=1800 mg ca, 1500 IU vit D, 45 calories**)
- UpCal D (www.amazon.com)
1 dose = 500 mg and 250 IU vitamin D (plus 10 calories)
Unflavored
Dosing: 1 dose, 3 times per day (**3 dose=1800 mg ca, 1500 IU vit D, 30 calories**)



Liquid

- Tropical Oasis (www.tropicaloasis.com or www.bariatriceating.com)
1 Tbsp (1/2 fl oz) = 250 mg Ca and 100 IU vitamin D (plus 5 calories)
In orange crème
Dosing: 2 Tbsp, 3 times per day (**6 T=1500 mg ca, 600 IU vit D, 30 calories**)



**1 dose = 2 Citracal Max = 2 BA Chewy Bites = 1 BA Crystal = 1 Calcet
You need 3 doses/day**

Don't forget to check out the ART Outpatient Pharmacy located on 1U for your supplement needs