
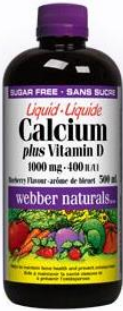

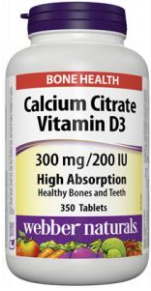
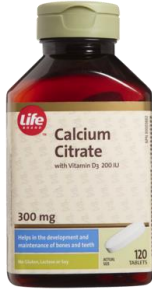
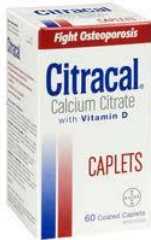


Calcium with Vitamin D Supplements

- Choose **calcium citrate** with vitamin D for better absorption
- Aim for 1200-1500 mg of calcium citrate with 800-1200 IU of vitamin D each day
- Take calcium in 3 divided doses. Each dose should be 2 or more hours apart
- **Separate** your calcium by at least 2 hours from your multivitamin-mineral and iron supplements

Brand Name		Dose	Size	Cost	Available at:
<p>Life Brand (Liquid)</p> <p>Flavour: <i>Blueberry</i></p>		1 tbsp, 3 times per day	500ml	\$13	Shoppers Drug Mart
<p>Webber Naturals (Liquid)</p> <p>Flavour: <i>Blueberry</i></p>		1 tbsp, 3 times per day	500ml	\$14	Shoppers Drug Mart Walmart Loblaws Metro
<p>Bariatric Advantage Chewy Bites (500 mg)</p> <p>Flavours: <i>Chocolate, Caramel, TropicalOrange</i></p>		1 chew, 3 times per day	90 chews	\$43	Shoppers Drug Mart (Only at Toronto Western Hospital or order online at https://www.bariatricadvantage.ca/)

Brand Name		Dose	Size	Cost	Maybe available at:
Webber Calcium Citrate & Vitamin D		2 pills, 2 times/day	350 tablets	\$9.99	Costco
Life Brand Calcium Citrate & Vitamin D		2 pills, 2 times/day	120 tablets	\$12	Shoppers Drug Mart
Citracal Calcium Citrate & Vitamin D		2 pills, 2 times/day	120 coated caplets	\$21-25	Shoppers Drug Mart Walmart Loblaws Metro