

Calcium Citrate 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 2-3 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 (may vary)	Available at:
Life Brand (Liquid – 500 mg/tbsp) Flavour: Blueberry	Calcium Cal	1 tbsp, 3 times per day	*1 month supply = 3 bottles	\$13-19 Per bottle	Shoppers Drug Mart
SiSu (Liquid – 500 mg/tbsp) Flavour: Blueberry, Strawberry, Vanilla	Cal Mag Citrates comy standary Corer to frost legs to the diagrams and moures the standard of an industry of the standard of the core of the standard of the s	1 tbsp, 3 times per day	*1 month supply = 3 bottles	\$24-27 Per bottle	Healthy Planet Ambrosia Order online at: Amazon.ca or https://www.sisu.com/
Bariatric Advantage Chewy Bites (500 mg/chew) Flavour: Chocolate, Caramel, Tropical Orange	Bariatic Advantage Calcium Citrate Chewy Bitte 500%/stands George Hance Prov. Change Prov. Chan	1 chew, 3 times per day	90 chews in bag *1 month supply = 1 bag	\$24 Per bag	Shoppers Drug Mart (Only at Toronto Western Hospital) Or order online at http://www.bariatricadvantage.ca/)

Brand Name		Dose	Size	Cost (may vary)	Maybe available at:
Webber Calcium Citrate & Vitamin D (300 mg/tab)	BONE HEALTH Calcium Citrate Vitamin D3 300 mg/200 IV High Absorption Healthy Bones and Feeth 300 Tablets Webber naturals	2 tablets, 2 times/day	350 tablet bottle *1 month supply = 1/2 bottle	\$9-11 Per bottle	Costco Walmart Bulk Barn
Life Brand Calcium Citrate & Vitamin D (300 mg/tab)	Calcium Citrate	2 tablets, 2 times/day	120 tablets *1 month supply = 1 bottle	\$13 Per bottle	Shoppers Drug Mart
Citracal Calcium Citrate & Vitamin D (315 mg/tab)	Section of the sectio	2 caplets, 2 times/day	120 coated caplets *1 month supply = 1 bottle	\$16-27 Per bottle	Shoppers Drug Mart Walmart Loblaws Metro Amazon
Jamieson Calcium Citrate & Vitamin D (250 mg/tab)	Jameson Calcium Citrate + D3 Right sprent borela. 120 Might sprent borela. Osteoporosis	2 caplets, 3 times/day	120 caplets *1 month supply = 1.5 bottles	\$9-19 Per bottle	Walmart Shoppers Drug Mart Amazon