
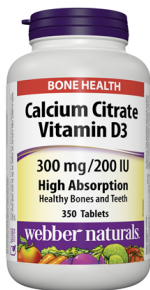


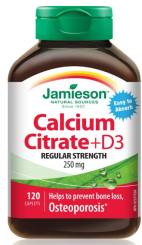


## Calcium Citrate with Vitamin D Supplements

- 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:
<b>Life Brand</b> <b>(Liquid – 500 mg/tbsp)</b>  Flavour: <i>Blueberry</i>		1 tbsp, 3 times per day	500ml bottle  <b>*1 month supply = 3 bottles</b>	\$13-19 Per bottle	Shoppers Drug Mart
<b>SiSu</b> <b>(Liquid – 500 mg/tbsp)</b>  Flavour: <i>Blueberry, Strawberry, Vanilla</i>		1 tbsp, 3 times per day	450 ml bottle  <b>*1 month supply = 3 bottles</b>	\$24-27 Per bottle	Healthy Planet Ambrosia  Order online at: Amazon.ca or <a href="https://www.sisu.com/">https://www.sisu.com/</a>
<b>Bariatric Advantage</b> <b>Chewy Bites</b> <b>(500 mg/chew)</b>  Flavour: <i>Chocolate, Caramel, Tropical Orange</i>		1 chew, 3 times per day	90 chews in bag  <b>*1 month supply = 1 bag</b>	\$24 Per bag	Shoppers Drug Mart (Only at Toronto Western Hospital)  Or order online at <a href="http://www.bariatricadvantage.ca/">http://www.bariatricadvantage.ca/</a>

Brand Name		Dose	Size	Cost (may vary)	Maybe available at:
<b>Webber</b>  Calcium Citrate & Vitamin D <b>(300 mg/tab)</b>		2 tablets, 2 times/day	350 tablet bottle  <b>*1 month supply = 1/2 bottle</b>	\$9-11 Per bottle	Costco Walmart Bulk Barn
<b>Life Brand</b>  Calcium Citrate & Vitamin D <b>(300 mg/tab)</b>		2 tablets, 2 times/day	120 tablets  <b>*1 month supply = 1 bottle</b>	\$13 Per bottle	Shoppers Drug Mart
<b>Citracal</b>  Calcium Citrate & Vitamin D <b>(315 mg/tab)</b>		2 caplets, 2 times/day	120 coated caplets  <b>*1 month supply = 1 bottle</b>	\$16-27 Per bottle	Shoppers Drug Mart Walmart Loblaws Metro Amazon
<b>Jamieson</b>  Calcium Citrate & Vitamin D <b>(250 mg/tab)</b>		2 caplets, 3 times/day	120 caplets  <b>*1 month supply = 1.5 bottles</b>	\$9-19 Per bottle	Walmart Shoppers Drug Mart Amazon