## **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:
Life Brand (Liquid) Flavour: Blueberry	Liquid Calcium with wise is set of the set o	1 tbsp, 3 times per day	500ml	\$13	Shoppers Drug Mart
Webber Naturals (Liquid) Flavour: Blueberry	Calcium plus Vitamin D 100 mg. 400 nt. then there are no them 50 st. webber naturals.	1 tbsp, 3 times per day	500ml	\$14	Shoppers Drug Mart Walmart Loblaws Metro
Bariatric Advantage Chewy Bites (500 mg)  Flavours: Chocolate, Caramel, TropicalOrange	Awarding Calcium Citrate Checy Bite Stockium  Were awarding Were awardin	1 chew, 3 times per day	90 chews	\$43	Shoppers Drug Mart  (Only at Toronto Western Hospital or order online at https://www.bariatrica dvantage.ca/)

Brand Name		Dose	Size	Cost	Maybe available at:
Webber  Calcium Citrate & Vitamin D	BONE HEALTH Calcium Citrate Vitamin D3 300 mg/200 IV High Absorption Healthy Bones and rent 350 Tablets Webber naturals	2 pills, 2 times/day	350 tablets	\$9.99	Costco
Life Brand  Calcium Citrate  & Vitamin D	Calcium Citrate web Wagner Dy 200 U  300 mg May be the interpreted and May	2 pills, 2 times/day	120 tablets	\$12	Shoppers Drug Mart
Citracal  Calcium Citrate & Vitamin D	Fight Osteoporesis  Citracal. Calcium Dirate with Vitamin B  CAPLETS  60 cured Garate	2 pills, 2 times/day	120 coated caplets	\$21-25	Shoppers Drug Mart Walmart Loblaws Metro