



<b>Recommended Daily Calcium and Vitamin D Intakes</b>	
<b>Birth - 6 months</b> 210 mg calcium (21% DV) 200 IU vitamin D (50% DV)	<b>9 - 18 years</b> 1,300 mg calcium (130% DV) 200 IU vitamin D (50% DV)
<b>6 months - 1 year</b> 270 mg calcium (27% DV) 200 IU vitamin D (50% DV)	<b>19 - 50 years</b> 1,000 mg calcium (100% DV) 200 IU vitamin D (50% DV)
<b>1 - 3 years</b> 500 mg calcium (50% DV) 200 IU vitamin D (50% DV)	<b>51 - 70 years</b> 1,200 mg calcium (120% DV) 400 IU vitamin D (100% DV)
<b>4 - 8 years</b> 800 mg calcium (80% DV) 200 IU vitamin D (50% DV)	<b>71 and older</b> 1,200 mg calcium (120% DV) 600 IU vitamin D (150% DV)
<b>Pregnant &amp; Lactating</b>	
<b>14 - 18 years</b> 1,300 mg calcium (130% DV) 200 IU vitamin D (50% DV)	<b>19 - 50 years</b> 1,000 mg calcium (100% DV) 200 IU vitamin D (50% DV)



## Calcium Supplement Considerations

Heneman, Alice, & Boeckner, Linda., (2001) *Food Reflections Newsletter*, University of Nebraska Cooperative Extension in Lancaster County. Retrieved on May 10, 2007 from University of Nebraska Cooperative Extension website:

<http://lancaster.unl.edu/food/ftm-j01.htm>

**Calcium is a mineral that the body needs for numerous functions, including building and maintaining bones and teeth, blood clotting, the transmission of nerve impulses, and the regulation of the heart's rhythm. If you use calcium supplements to enhance your calcium intake, consider these tips:**

1. **Food is the most important source of calcium.** High calcium foods also contain other nutrients that are important in the diet. The ideal food source of calcium happens to be low fat or fat free dairy products. Milk is the dairy product that is routinely fortified with vitamin D. Be careful to avoid dairy products that have added corn syrup and sugars. Don't obtain all your calcium supplements and calcium-fortified orange juice and candies.
2. **Total calcium load at one time.** Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium supplements and calcium foods throughout the day rather than all at one time.
3. **Calcium carbonate.** This supplement requires acid to dissolve and for efficient absorption. As we age, we may not produce as much stomach acid between meals. It's usually recommended a person take calcium carbonate at mealtime when the stomach produces more acid.
4. **Calcium citrate.** This supplement tends to be more expensive than calcium carbonate but doesn't require stomach acid for absorption. It may be taken any time; however, your health care provider may recommend a specific time for you.
5. **Vitamin D.** Choose a calcium supplement with vitamin D unless you're already getting vitamin D from other sources. Consider the recommended Daily Value for vitamin D for your age group.
6. **Time of day.** If you take just one supplement, it's probably best to take it in the evening, this may enhance absorption and utilization.
7. **Increase amount slowly.** Increase the amount of calcium supplements slowly, starting with 500 mg a day for a week and then gradually adding more. Some types can cause side effects such as gas or constipation for some

people. Increasing fluids and fibrous foods (fruits, vegetables, whole grains) may help. If you still have problems, switch to another form of supplement.

8. **Check for interactions.** Check with your nutritionist, physician or pharmacist about possible interactions with other prescriptions and over-the-counter drugs you're taking. For example, calcium supplements may reduce the absorption of the antibiotic tetracycline. If you take a medicine on an empty stomach, you probably shouldn't take it with a calcium supplement because it could affect the absorption.