

# Products Available

		<u>Elemental Ca<sup>++</sup></u>
▣ Calcium Carbonate (CaCO <sub>3</sub> )	1250mg	500mg (40%)
▣ Calcium Sandox Syrup		110mg/5ml
▣ Calcium Citrate	950mg	200mg (21%)
▣ Calcium Lactate	650mg	84mg (13%)
▣ Calcium Effervescence tablet		500mg
▣ Calcium Gluconate		( 9% )

# Vitamin D

- ▣ Needed for the absorption of calcium
- ▣ 25 mcg = 1000 iu
- 10 mcg = 400 iu

D2 = Ergocalciferol  
mostly in plants

D3 = Cholecalciferol  
can be synthesised under skin  
more readily metabolised in liver to a  
bioactive form of D

# Dosage Suggested

- ▣ For most post-menopausal women with osteoporosis:  
1200 mg Ca<sup>++</sup> plus 1000 iu Vitamin D per day
- ▣ Calcium 1000mg and Vitamin D 800-1000 iu to reduce risk of fractures for geriatrics

# Dietary Calcium Sources

▣ Nuts	(30gm)	50 mg
▣ Milk/yogurt	(8 oz)	300 mg
▣ Hard cheese	(29 gm)	300mg
▣ Tofu	(5x4x4cm <sup>3</sup> )	500mg
▣ Sardines	( 3 oz)	325mg
▣ Salmon	( 3oz )	180mg

# Thyroid and Calcium

- ▣ Thyroid gland secretes the hormone Calcitonin which helps to control (decrease)  $\text{Ca}^{++}$  level.  
T4 and T3
- ▣ Parathyroid gland secretes the hormone PHT which helps to control (increase)  $\text{Ca}^{++}$  level

# How To Take

- ▣ dosage greater than 500mg per day, should be in divided doses
- ▣  $\text{CaCO}_3$  to be taken with meal for better absorption and reduce gastric irritation
- ▣ Calcium Citrate to be taken before meals for better absorption. Recommended for patients taking stomach acid suppressants.