



TCO Bone Health Program Calcium & Vitamin D

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Calcium and Vitamin D are both very important for bone health. They help in building the structure and strength of your bones.

CALCIUM

If you do not eat enough calcium, taking a calcium supplement is a good idea. There are many different types of calcium available, so what type of calcium supplement should you buy?

Calcium Carbonate

- For most people, this is the easiest form to absorb
- Affordable (around \$5) over the counter
- It is a tablet that you swallow
 - If you can't tolerate swallowing pills, TUMS is chewable calcium carbonate

Calcium Citrate

- For people taking a proton-pump inhibitor (PPI) for reflux (ie: Prilosec, Nexium, Prevacid) or who have had gastric bypass
 - It does not need as much stomach acid to be absorbed
- Affordable (around \$10) over the counter

Here's a tip: Take calcium supplements with food and with your Vitamin D3. This will help your body absorb the most calcium!

VITAMIN D

Vitamin D helps your body absorb calcium and helps support your bones and muscles. You can get Vitamin D naturally when you spend time out in the sun. Your body makes Vitamin D when it is exposed to the sun for about 20 minutes a day.

If you live in a region that has less sunlight during certain times of the year, such as the Midwest, you may not get enough Vitamin D from the sun. It is also harder for your body to make Vitamin D naturally as you get older.



In order to get enough Vitamin D, a daily supplement will be important to help with bone health. Vitamin D supplements can be found over the counter. **Vitamin D3 (cholecalciferol) is the best one for you to take.** Your body responds best to this form and it increases your Vitamin D levels the most. Most people taking Vitamin D3 for bone health need around 1,000 international units (IU) per day. If you have lower than normal levels of Vitamin D in your blood, you may need to take higher doses of Vitamin D.