Wake Forest™ Baptist Health

Brenner Children's Hospital & Health Services

Center for Integrative Medicine

Dietary Supplements: Calcium (and Calcium/Vitamin D)

Calcium is used to support bone health, colon health and healthy blood pressure and to promote positive mood for women who experience premenstrual symptoms. It is the most common mineral in the human body. Calcium helps muscles and blood vessels contract and expand, to secrete hormones and enzymes and to send messages through the nervous system. Vitamin D assists in calcium absorption and has other effects. Needs for calcium may be increased in patients with poor intestinal absorption, those with inflammation and those taking corticosteroid medications.

The best sources of calcium are foods (such as dairy products, calcium fortified orange juice, tofu, broccoli, spinach and almonds). See the US National Library of Medicine patient information page on calcium: http://www.nlm.nih.gov/medlineplus/calcium.html

Recommended amounts of calcium daily are:
Infants 0 to 6 months: 210 milligrams daily
Infants 7 -12 months: 270 milligrams daily
Children 1-3 years: 500 milligrams daily
Children 4- 8 years: 800 milligrams daily
Children 9 – 13 years: 1300 milligrams daily
Teenagers: 14 – 18 years old: 1300 milligrams daily
Adults 19-50 years old: 1000 milligrams daily
Adults 51+ years: 1200 milligrams daily
Pregnant or lactating women: 1000 – 1300 milligrams daily

Approximately 50% of more Americans do not meet these recommendations through diet alone.
The UL for children and adults ages 1 year and older (including pregnant and lactating women) is 2500 mg/day.
Side effects from excessive supplemental calcium intakes are elevated levels of calcium in the blood, impaired kidney function and decreased absorption of other minerals
The products listed below are a selection of some that have met quality testing standards set by ConsumerLab.
For more information, see http://www.consumerlab.com/results/calcium.asp?.

Product Name/Distributor – CALCIUM ONLY (no vitamin D added)	Capsule/Tablet Strength	Manufacturer/Distributor
Caltrate® 600 Calcium Supplement (calcium carbonate)	600 mg	Wyeth Consumer Healthcare
Lane Labs AdvaCal® (calcium hydroxide, oxide)	166.7 mg	LaneLabs USA, Inc.
Organika® Bioavailable Coral Calcium (from Okinawa coral trace mineral powder)	210 mg	Organika® Health Products
Puritan's Pride® Chelated Calcium magnesium tablet (calcium carbonate, oyster shell, calcium gluconate)	500 mg	Puritan's Pride, Inc.
Puritan's Pride® Coral calcium 500 mg (from coral calcium	185 mg	Puritan's Pride, Inc.
Standard Process Inc.® Calcium Lactate 1865 tablet (from calcium lactate)	41.7 mg	Standard Process, Inc.
Vitamin World® Triple Strength Coral Calcium 1500 mg (from coral calcium)	562 mg	Vitamin World, Inc.
Vitamin World® Coral Calcium 500 mg (From coral calcium)	185 mg	Vitamin World, Inc.
Li'l Critters® Calcium Gummy Bears (tricalcium phosphate)	100 mg	Northwest Natural Products®, Inc.

Other products contain Vitamin D in addition to Calcium.
Some products contain calcium and magnesium.

www.wakehealth.edu/CIM - See Quick Link to Dietary Supplements