



Before You Buy a Calcium Supplement™

Use food intake, the label and your health history to make a more informed choice.



FIRST, CHECK THE GAP

Estimate the calcium you usually get from food and fortified products. A supplement is intended to fill a genuine shortfall, not automatically provide your entire daily intake.



1 LOOK FOR ELEMENTAL CALCIUM



The Supplement Facts panel lists the calcium your serving actually provides. Do not calculate it from the weight of calcium carbonate or calcium citrate.

2 COMPARE THE TWO COMMON FORMS

CALCIUM CARBONATE



- Best absorbed with food
- Provides more elemental calcium per tablet
- May be more likely to cause gas or constipation

CALCIUM CITRATE



- Can be taken with or without food
- Less dependent on stomach acid for absorption
- May require more or larger tablets for the same calcium amount

3 CHECK THE AMOUNT PER SERVING



Calcium is generally absorbed best in amounts of 500 mg or less at one time. Ask how to divide a larger supplemental amount if one has been recommended for you.

4 REVIEW TIMING & INTERACTIONS



Calcium can interfere with the absorption of some thyroid medicines, antibiotics, iron and other medications. Ask your pharmacist how far apart your products should be taken.

5 COUNT EVERY SOURCE



Include calcium from food, fortified products, multivitamins, combination supplements and calcium-containing antacids.

LABEL CHECK

- ☐ Serving size
- ☐ Elemental calcium per serving
- ☐ Calcium form
- ☐ Other added nutrients
- ☐ Independent quality verification
- ☐ Directions and warnings



ASK BEFORE USING IF YOU HAVE



Kidney disease or kidney stones



High blood calcium



A parathyroid condition



Significant constipation



Prescription medicines



Gentle Reminder

More calcium is not automatically better. Your appropriate total depends on age, food intake, health history and professional guidance.



Martine's Midlife Wellness Tip

Photograph the front label and Supplement Facts panel before your appointment. It is much easier to discuss a specific product than remember it from the store aisle.

