

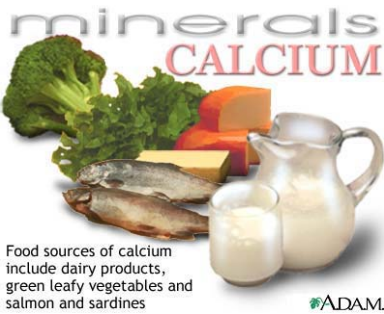
All About Calcium

Fast Facts about Calcium

- Calcium is the most abundant mineral in the body. Ninety-nine percent is stored in our bones and teeth.
- Calcium is required for the contraction of muscles, including the heart muscle.
- Calcium is also vital for nerve impulses, blood vessel movement, blood clotting and more.
- If you don't have enough calcium in your blood, the body pulls from your calcium bank – your bones.
- Excessive bone loss can lead to fractures and bone disease, such as osteoporosis. The best way to evaluate your bone density is with an annual DEXA scan (even if you don't meet the traditional age requirement).



Calcium and Gastric Bypass



Food sources of calcium include dairy products, green leafy vegetables and salmon and sardines

- Most people don't get enough calcium in their diet. It is especially hard to meet calcium needs after gastric bypass surgery because calcium requires an acidic environment to be properly absorbed. The bypass pouch is not acidic enough to absorb enough calcium through the diet. Calcium supplements are required.
- One bonus of taking calcium supplements is that most supplements contain vitamin D, a vitamin that is hard to get enough of from the diet.

Calcium Supplementation

- The goal is to take 1500-2000 mg Calcium Citrate with Vitamin D in divided doses.
- Calcium citrate (eg: Citracal) is the best absorbed calcium. Calcium carbonate (eg: Tums, Viactiv, Caltrate) is NOT.
- Your supplement should also contain vitamin D.
- You only absorb limited amounts of calcium at one time so you will need to take your calcium at least 3-4 times a day (eg: one dose at breakfast, lunch and dinner). One dose is typically 2 pills.
- A high dairy intake does not take the place of calcium supplementation.
- Calcium preparations from shell, dolomite or bone meal should be avoided.
- Avoid taking your calcium with your supplemental iron. It can be taken with or without food but it's better taken with food if you are at risk for kidney stones.
- Other ways to protect your bones are to exercise, avoid smoking and avoid excessive salt and caffeine.



Choices for Calcium Supplements

Pills

Calcium citrate pills like Citracal or the generic are the most economical. Be sure to read the supplement label so you know how many pills you need to take. Most calcium citrate pills require you take TWO pills 3-4 times per day to meet your goal.



Tropical Oasis (For sale in our pharmacy or online at www.tropicaloasis.com or www.bariatriceating.com)
Liquid Calcium
1 Tbsp = 250 mg
In orange crème

Supplement Facts

Amount per 1 Tablet	% Daily Value
Serving Size: 2 Tablets Servings per Container: 30	
Calories	0
Total Carbohydrates	1 g 0%
Dietary Fiber	0 g 0%
Sugar	0 g †
Vitamin D3 (as Cholecalciferol)	100 IU 25%
Vitamin K (as Phytanadione)	20 mcg 25%
Calcium (from Calcium Citrate USP, Dutch Cocoa Powder, Action Gum, Natural Hershey's Cocoa Powder, Natural Hershey's Chocolate Flavor)	402 mg 40%
Magnesium (from Magnesium Amino Acid Chelate, Dutch Cocoa Powder)	11 mg 3%

Percent Daily Values are based on a 2,000 calorie diet.
† % Daily Value not established.

Read the label carefully. You get 402 mg of calcium from this supplement for every TWO tablets you take. To get in 1500 mg of calcium, you would have to take 7 ½ tablets a day.

Bariatric Advantage (www.bariatricadvantage.com)

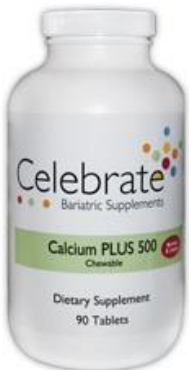
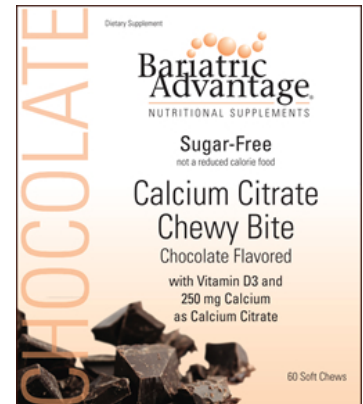
Calcium citrate chew (aka "Chewy Bites")
1 chew = 250 mg (plus 15 calories!)
in chocolate or lemon crème

Lozenges

1 lozenge = 400 mg
chew or dissolve in mouth
in wild cherry, cinnamon, mint or chocolate

Calcium crystals

1 pkt = 600 mg
dissolves in water or most liquids
in tubs or convenient individual serving packets
in unflavored, berry or lemon-lime



Celebrate (www.celebratevitamins.com)

Calcium Plus 500 Chewable pill
1 pill = 500 mg
In berries and cream
Calcium Plus Chewable pill
1 pill = 250 mg
In hot cocoa and strawberry crème

Calcet Creamy Bites (www.bariatriceating.com)

Calcium Citrate + Vitamin D
1 chew = 500 mg
In Lemon Cream!
(each has 40 calories, so enjoy your calcium as a treat!)

