

Table 3

An Overview of Calcium Supplements

Product	Elemental Ca	Tablets/day to supply 1,000 mg elemental Ca	Comments
Caltrate (calcium carbonate)			Food improves absorption; may cause constipation and flatus
600	600	2	
600+D	600	2	
600+soy	600	2	
Plus chewables	600	2	Contains vitamin D
Colon Health	600	2	Contains vitamin D
Citracal (calcium citrate)			Can be taken any time without regard to food
Ultradense	200	5	
Caplets+D	315	4	
250 mg Caplets+D	250	4	
Plus with Magnesium	500	2	Contains magnesium, vitamin D
Mylanta (calcium carbonate)			Antacid
Ultra CalciTabs ES	400	3	
CalciTabs	300	3	
Os-Cal (calcium carbonate)			Food improves absorption
Chewable	500	2	
Ultra	600	4	Contains vitamin D & other minerals
500	500	2	
500+D	500	2	
Tums (calcium carbonate)			Antacid
Chewable	200	5	
Calcium for Life	500	2	
Ultra	400	3	
E-X	300	4	
Smooth Dissolve	300	4	
Viactiv (calcium carbonate)	500	2	Soft, flavored, chewable, contains vitamin D