

Calcium Citrate Sources

Brands:

Citracal, Citrus flavored Liquitab

- ? Fast Acting effervescent tablet
- ? Citrus flavor
- ? Artificially sweetened
- ? Each tablet contains 500 mg calcium

Citrical Creamy Bites

Soft Chews in Choc, lemon,
caramel
500 mg Ca, 200 units Vit D per
chew

SOLORAY

- ? Chewable wafers
- ? 250 mg per wafer

NOW

Calcium & Magnesium
400 mg in 2 tsp. powder
Contains Vit. D

Twinlab

- ? Chewable wafers
- ? 250 mg per wafer

Vitamin World Calcium Magnesium Citrate Liquid

- ? Take with milk
- ? 600 mg calcium per tablespoon

KAL

- ? Orange flavored liquid
- ? 500 mg per tablespoon

Bariatric Advantage

400 mg per tablet
Chocolate, mint or cinnamon

Country-life Cal-Snack

- ? Chewable wafer (vanilla orange flavor)
- ? Citrate carbonate combination
- ? 500 mg per wafer

Tropical Oasis Liquid Calcium

250 mg in 1 TBSP
Contains Magnesium and Vit D

Most available on internet and local health food stores.

Drugstore.com

Vitanet.com

Bariatriceating.com

Vitaminworld.com

Bariatricadvantage.com

VitaminShoppe.com

GNC.com

How Much Calcium Do I Need?

Bariatric Patients need 2000 mg Calcium per day because the duodenum is bypassed.

Diet sources count if they are from either dairy foods or a fortified food with Calcium Citrate.

8 oz milk (skim, 1%)	300 mg
Yogurt	150-300 mg
½ c Cottage Cheese 1%	70 mg
½ c. ricotta cheese	337 mg
1TBSP grated parmesan	69 mg
1 oz part skim mozzarella	183 mg
Propel with calcium citrate	300 mg

How to read a label:

If the product (such as yogurt) states it has 15% of your daily value of Calcium, it has 150 mg. If it says it has 30% it has 300 mg. The standard daily value of Calcium for the Nutrition Facts Label is 1000 mg.

Example:

I need 2000 mg per day minus

My diet:

- 150 mg am yogurt
- 300 mg afternoon milk
- 70 mg from my cottage cheese at lunch
- 300 mg in the Propel with Calcium
- 150 mg evening yogurt

970 mg from my diet

Supplement: 1000 mg per day calcium citrate as 2 X 500 mg doses to improve absorption.