

Calcium and Vitamin D

Recommended Daily Allowance (RDA)		
	Calcium	Vitamin D3
Growing Teens	1300 mg	600 iu
Adults	1000 mg	600 iu
Maximum	500 mg per serving	4000 iu per day

Bones need calcium for growth and strength. Vitamin D is required to absorb and deposit calcium into growing bones. Vitamin D is also needed for cell growth, immune function and inflammation reduction. Adolescence and young adulthood is the time to “invest” in bone health with adequate calcium and vitamin D intake.

Food Sources		Calcium	Vitamin D
Lactaid/Soy Milk, fortified	8 oz	530 mg	100 iu
Milk, fortified	8 oz	300 mg	125 iu
Almond Milk	8 oz	300 mg	100 iu
Orange Juice, fortified	8 oz	350 mg	140 iu
Yogurt	8 oz	300 mg	105 iu
Cheese	1 oz	250 mg	
Almonds, whole	24	70 mg	
Broccoli, cooked	1 cup	70 mg	
Salmon, cooked	3 oz		440 iu

Calcium

Dietary sources are best absorbed

Vitamin D

10-15 minutes of sun exposure several times a week (without sunscreen) provides enough Vitamin D for the whole week

Supplements	Calcium	Vitamin D3
Caltrate + D3	600 mg	800 iu
Citracel Petite +D3	400 mg	500 iu
Adora, Viactiv	500 mg	500 iu
Tums	500 mg	none
Multivitamin	Minimal	400-600 iu

Supplements (only if needed)

Calcium citrate (Caltrate and Citracel) is more easily absorbed than calcium carbonate (Adora, Viactiv, Tums).

Physical Activity is essential

Bones are living tissue, and just like muscle, they become stronger and thicker with physical activity. Weight-bearing physical activities cause new bone tissue to form, making bones even stronger. Physical activity also makes you better coordinated, which can make you less likely to fall and break a bone.

Who is at risk of Vitamin D insufficiency or deficiency?

- Limited sun exposure
- Vegans, lactose intolerant
- Inadequate overall nutrition (very picky eaters, eating disorders)
- Darker skin tones
- Crohn’s disease and other medical conditions

Things that interfere with calcium absorption and bone growth

Caffeine • Carbonated Beverages • Cigarettes • Alcohol

Vitamin D Lab Results for:

Your Vitamin D Lab Results		
○ Preferable	Ensure ongoing intake of Vitamin D3 600 iu daily from dietary sources (preferred) or from supplements (if needed).	
○ Acceptable	Take daily over-the counter Vitamin D3 600-1000 iu supplement.	
○ Insufficient	Take daily over-the counter Vitamin D3 1000-2000 iu supplement.	Repeat test in 12 months.
○ Deficient	A prescription has been faxed to your pharmacy for Vitamin D (50,000 iu once a week for 8 weeks). After completion of the 8-week prescription, start daily over-the counter Vitamin D3 1000-2000 iu supplement.	Repeat test in 6 months.
○ Extremely Deficient	A prescription has been faxed to your pharmacy for Vitamin D (50,000 iu once a week for 12 weeks). After completion of the 12-week prescription, start daily over-the counter Vitamin D3 1000-2000 iu supplement.	Repeat test in 3 months.

Supplemental Vitamin D3: Your over-the-counter Vitamin D3 supplement should not exceed 4,000 iu per day.