Calcium and Vitamin D

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.

<table>
<thead>
<tr>
<th>Recommended Daily Allowance (RDA)</th>
<th>Calcium</th>
<th>Vitamin D3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growing Teens</td>
<td>1300 mg</td>
<td>600 iu</td>
</tr>
<tr>
<td>Adults</td>
<td>1000 mg</td>
<td>600 iu</td>
</tr>
<tr>
<td>Maximum</td>
<td>500 mg per serving</td>
<td>4000 iu per day</td>
</tr>
</tbody>
</table>

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 (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

Young Men's Health and Wellness Health and Wellness
Girls to Women
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. |
| ☑ 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. |
| ☑ 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. |

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