**Bone Health - Educational and Preventive Health Event – Station D**

**Calcium Supplements**

* + Different forms (salts) of calcium supplement provide differing amounts of **elemental calcium.**
  + Most calcium supplements need an acidic environment for absorption so best to take these with food.
  + Calcium citrate is absorbed well in non-acidic conditions, which is good for people who have less stomach acid or take their supplement between meals.

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| **Calcium Salt** | **Percentage Elemental Ca++** |
| Calcium acetate | 25 |
| Calcium carbonate | 40 |
| Calcium citrate | 21 |
| Calcium glucoheptonate | 8 |
| Calcium gluconate | 9 |
| Calcium lactate | 13 |
| Calcium phosphate dibasic anhydrous | 29 |
| Calcium phosphate dibasic dihydrate | 23 |
| Calcium phosphate tribasic | 40 |

Be sure to use the amount of elemental calcium to calculate the dose of supplement.