



Total Orthopaedic Care Calcium Supplement Recommendations

These are some recommendations and are meant to be only suggestions. A Calcium rich diet and regular weight-bearing exercise help build strong bones.

Calcium Requirements:

Children ages 3-8	800 mg
Children 9-17	1300mg
Adults 18-50	1000mg
Nursing/Pregnant	1200-1500 mg
Women over 50	1500mg
Men over 50	1200mg
Men over 65	1500mg

Calcium Supplements:

1. Recommend a multivitamin containing Magnesium (such as Centrum or One A Day)
2. As well as an appropriate dose of one of these: (check with your medical doctor)

Os-Cal	500 mg + Vit D
Caltrate	600 mg + VitD
Viactiv	500 mg + Vit D + Vit K (Do not take if on Coumadin)
Kirkland Signature (Costco)	500 mg + Vit D

Good Dietary Source of Calcium:

Dairy Products (Skim Milk, Non-Fat Yogurt, Cheese)
Dark Leafy Greens
Nuts
Oranges