

FORMS OF CALCIUM CITRATE FOR GASTRIC BYPASS PATIENTS

Where to Purchase Supplements

Pills

Citracal® Maximum + D3

GNC Calcium Citrate Plus

Maxi Health: CAL-M-D
CAL-MAX

Puritan Pride: Calcium Citrate + D3 (Kosher)
Calcium Citrate + D3 Miniatures
Calcium Magnesium + D3 (Kosher)

Celebrate Calcium Plus

Any Pharmacy, Drugstore or supermarket
GNC

www.MaxiHealth.com or 1-800-544-6294

www.puritan.com or 1-800-645-1030

www.celebratevitamins.com or 1-877-424-1953

Chewable

Bariatric Advantage® Chewables

Bariatric Advantage® Chewy Bites-500mg

TwinLab® Chewable Wafers

TwinLab® Bariatric Support Calcium Wafers

Calcet Creamy Bites

Celebrate: Calcium Plus 500 Chewables
Calcium Plus Chewables
Soft Chews

BariMelts

www.BariatricAdvantage.com or 1-800-898-6888

www.BariatricAdvantage.com or 1-800-898-6888

Vitamin Shoppe, Health Food Store or www.drugstore.com

Vitamin Shoppe, GNC, Health Food Store or www.drugstore.com

Various online

www.celebratevitamins.com or 1-877-424-1953

www.BariMelts.com

Powder

UpCal D® By Global Health

www.globalhp.com or 1-800-638-2870

Liquid

Tropical Oasis™ Liquid Calcium Magnesium

BlueBonnet Liquid Calcium Magnesium Citrate +D3

LifeTime® Liquid Calcium Magnesium Citrate

Puritan Pride Liquid Calcium Magnesium Citrate +D3

Solgar Calcium-Magnesium Citrate with D3

Reviva Liquid Calcium Plus D3, Magnesium & More

GNC, www.houseofnutrition.com or health food store

www.houseofnutrition.com or health food store

www.houseofnutrition.com or health food store

www.puritan.com or 1-800-645-1030

Vitamin Shoppe

Costco, www.Amazon.com

(OVER)

FORMS OF CALCIUM CITRATE—GASTRIC BYPASS PATIENTS

<u>WOMEN/MEN</u>	CITRACAL® MAXIMUM	GNC CALCIUM CITRATE PLUS	MAXI- HEALTH CAL-M-D	MAXI- HEALTH CAL-MAX	PP CALCIUM CITRATE	PP CALCIUM CITRATE + D3 MINIATURES	PP CALCIUM MAGNESIUM + D3	CELEBRATE CALCIUM PLUS
18 yrs and younger (1950 mg/day)	2 caplets 3X/d + ½ caplet 1X/d	3 caplets 3X/d + 1 caplet 1X/d	2 tabs 4X/d	2 tabs 4X/d	2 tabs 4X/d	3 tabs 3X/d + 1 tab 1X/d	3 tabs 3X/d + 1 tab 1X/d	3 tabs 4X/d
19-50 yrs (1500 mg/day)	2 caplets 2X/d + 1 caplet 1X/d	3 caplets 2X/d + 1½ caplets 1X/d	2 tabs 3X/d	2 tabs 3X/d	2 tabs 3X/d	3 tabs 2X/d + 1½ tabs 1X/d	3 tabs 2X/d + 1½ tabs 1X/d	3 tabs 3X/d
51 yrs and older (1800 mg/day)	2 caplets 3X/d	3 caplets 3X/d	2 tabs 3X/d + 1 tab 1X/d	2 tabs 3X/d + 1 tab 1X/d	2 tabs 3X/d + 1 tab 1X/d	3 tabs 3X/d	3 tabs 3X/d	3 tabs 3X/d +2 tabs 1X/d

<u>WOMEN/ MEN</u>	BARIATRIC ADVANTAGE CHEWABLES	BARIATRIC ADVANTAGE CHEWY BITES-500MG	TWINLAB® WAFERS/ BARIATRIC SUPPORT WAFERS	CALCET CREAMY BITES	CELEBRATE CALCIUM PLUS 500 CHEWABLES	CELEBRATE CALCIUM PLUS CHEWABLES	CELEBRATE SOFT CHEWS	BARIMELTS
18 yrs and younger (1950 mg/day)	1 chew 4X/d	1 chew 4X/d	2 wafers 4X/d	1 chew 4X/d	1 chew 4X/d	2 chews 4X/d	1 chew 4X/d	2 melts 4X/d
19-50 yrs (1500 mg/day)	1 chew 3X/d	1 chew 3X/d	2 wafers 3X/d	1 chew 3X/d	1 chew 3X/d	2 chews 3X/d	1 chew 3X/d	2 melts 3X/d
51 yrs and older (1800 mg/day)	1 chew 3X/d + ½ chew 1X/d	1 chew 3X/d + ½ chew 1X/d	2 wafers 3X/d + 1 wafer 1X/d	1 chew 3X/d + ½ chew 1X/d	1 chew 3X/d + ½ chew 1X/d	2 chews 3X/d + 1 chew 1X/d	1 chew 3X/d +1 chew 1X/d	2 melts 3X/d + 1 melt 1X/d

<u>WOMEN/MEN</u>	UPCAL D	TROPICAL OASIS® LIQUID	BLUEBONNET LIQUID	LIFETIME LIQUID	PURITAN PRIDE LIQUID	SOLGAR LIQUID	REVIVA LIQUID
18 yrs and younger (1950 mg/day)	1 scoop/packet 4X/d	½ TBSP 3X/d + ¼ TBSP 1X/d	1 TBSP 3X/d + ¼ TBSP 1X/d	1 TBSP 3X/d + ¼ TBSP 1X/d	1 TBSP 3X/d + ¼ TBSP 1X/d	1 TBSP 3X/d + ¼ TBSP 1X/d	1 TBSP 4X/d
19-50 yrs (1500 mg/day)	1 scoop/packet 3X/d	½ TBSP 2X/d + ¼ TBSP 1X/d	1 TBSP 2X/d + ½ TBSP 1X/d	1 TBSP 2X/d + ½ TBSP 1X/d	1 TBSP 2X/d + ½ TBSP 1X/d	1 TBSP 2X/d + ½ TBSP 1X/d	2 TBSP 3X/d
51 yrs and older (1800 mg/day)	1 scoop/packet 3X/d + ½ scoop/packet 1X/d	½ TBSP 3X/d	1 TBSP 3X/d	1 TBSP 3X/d	1 TBSP 3X/d	1 TBSP 3X/d	1 TBSP 3X/d + ½ TBSP 1X/d

Pills

Citracal® Maximum + D3
GNC Calcium Citrate Plus
Maxi Health: CAL-M-D
CAL-MAX
Puritan Pride: Calcium Citrate + D3
Calcium Citrate + D3 Miniatures
Calcium Magnesium + D3
Celebrate Calcium Plus

Amount of Calcium

315 mg/caplet
200 mg/caplet
250 mg/tablet
250 mg/tablet
250 mg/tablet
200mg/tablet
200mg/tablet
167mg/tablet

Chewable

Bariatric Advantage® Chewables
Bariatric Advantage® Chewy Bites-500mg
TwinLab® Chewable Wafers
TwinLab® Bariatric Support Wafers
Calcet Creamy Bites
Celebrate: Calcium Plus 500 Chewables
Calcium Plus Chewables
Soft Chews
BariMelts

500 mg/chewable
500 mg/chew
250 mg/wafer
250 mg/wafer
500 mg/chew
500 mg/chewable
250 mg/chewable
500 mg/chew
250 mg/melt

Powder

UpCal D® By Global Health

500 mg/packet or scoop

Liquid

Tropical Oasis™ Liquid Calcium Magnesium
BlueBonnet's Liquid Calcium Magnesium Citrate +D3
LifeTime® Liquid Calcium Magnesium Citrate
Puritan Pride Liquid Calcium Magnesium Citrate +D3
Solgar Calcium-Magnesium Citrate with D3
Reviva Liquid Calcium Plus D3, Magnesium & More

1200 mg/TBSP
600 mg/TBSP
600 mg/TBSP
600 mg/TBSP
600 mg/TBSP
500 mg/TBSP