

Cacit D3

2x tablets taken once daily. These tablets dissolve in plain tap water and should be taken with food or after food (fizzy lemon flavoured drink).

If you are unable to tolerate any of the above Calcium & Vitamin D3 supplements....

The alternative is to maintain a calcium rich diet and take separate Vitamin D3 supplements available via health food shops or mail order.

Foods rich in calcium include:

♦ **Dairy products**

Milk, cheese, low fat yoghurt

♦ **Oily fish**

Sardines, Pilchards, Whitebait

♦ **Green leafy vegetables**

Watercress, Curly Kale, Spinach

♦ **Nuts and Seeds**

Almonds, Pecans, Walnuts
Sesame, Sunflower, Pumpkin seeds

Vitamin D3 supplements (1000iu per day)

Many multivitamins do contain some Vitamin D, but only in small amounts. We therefore recommend that you take one of the following each day:

Sunvit D3

1x small tasteless tablet that is easy to swallow and contains 1000iu of Vitamin D3 per tablet.

For further information contact:

www.sunvitd3.co.uk

Please ring ☎ Tel 0844 482 2193

Higher Nature Vitamin D3

2 x small tasteless gel tablets that are easy to swallow and contain 500iu of Vitamin D3 per tablet.

For further information contact:

www.highernature.co.uk

Please ring ☎ Tel 0800 458 4747

♦ **Contact the osteoporosis helpline if you require any further advice, leave your name and number and we will call you back.**

Please ring ☎ Tel (01803) 655603



**Calcium &
Vitamin D3
Supplements**

Your Doctor or Nurse has asked you to take regular Calcium and Vitamin D3 supplements

This leaflet aims to help you understand the reason for this and explains the different Calcium and Vitamin D3 supplements that are available.

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. It is readily absorbed from the diet (see below) and from supplements.

Vitamin D plays an important role in healthy bone development as it helps in the absorption of calcium from the diet and regulates levels of calcium in the body. It also plays a role in muscle function.

Vitamin D is normally made in the skin after exposure to sunlight, but the body is less able to make active Vitamin D as we become older. There are only small amounts of Vitamin D in the diet, so the best way to increase and maintain Vitamin D levels is to take supplements.

Calcium and Vitamin D3 supplements are recommended in patients with reduced bone strength (osteopenia or osteoporosis) and after certain types of fracture. They reduce bone loss and can reduce fracture risk in some patients.

If you are taking other medication to increase bone strength, such as Alendronic acid or Strontium, it is still **essential** that you take Calcium and Vitamin D3 supplements (unless your Doctor has specifically advised you not to take them).

Calcium and Vitamin D3 supplements are usually well tolerated, but some people experience side effects, such as constipation and indigestion.

Calcium supplements can interfere with the absorption of iron and thyroid hormone. If you are taking either of these medications they should be taken at a different time of day to the calcium.

If you are taking Alendronic acid or Actonel (risedronate), avoid taking Calcium supplements within 4 hours of those medications.

Several types of Calcium and Vitamin D supplements are available. If you do not get on with one, ask your Doctor to prescribe a different one:

Adcal D3

1x Chewable lemon or tutti-frutti tablet taken twice daily with food or after food (chalky).

Calcichew D3 forte

1x Chewable lemon tablet taken twice daily with food or after food (chalky).

Calceos

1x Chewable lemon tablet taken twice daily with food or after food (smooth like a cool mint but lemon flavour).

Calcichew D3 Caplet

1x Caplet swallowed whole twice a day with or after food.

Calfovit D3

1 x sachet of powder dissolved in plain tap water and taken once daily with food or after food (powdery lemon flavoured drink).