

## **Recommendations for Calcium and Vitamin D supplementation**

by Samuel Rosenfeld, M.D.

### **Age 14 years and older:**

Elemental calcium > 1200 mg./day in divided dosage

Vitamin D3 > 4000 I.U./day in divided dosage

If you are able to swallow pills, I recommend calcium citrate (Citracal + D3 "Maximum" 2 tablets twice daily or Citracal + D3 "petites" 3 tablets twice daily) with additional Vitamin D3 (Kirkland) 2000 I.U. twice daily.

If you are unable to swallow pills, I recommend Tricalcium Phosphate + D3 Gummies (Citracal, L'il Critters) 2-3 tablets twice daily with additional Vitamin D3 2000 I.U. twice daily.

### **Age 8 to 13 years:**

Elemental calcium 1000 mg./day in divided dosage

Vitamin D3 1000 I.U./day in divided dosage

I recommend Tricalcium Phosphate + D3 gummies (Citracal, L'il Critters) 2 tablets twice daily.

### **Under age 8 years:**

Elemental calcium 500 mg./day in divided dosage

Vitamin D3 500 mg./day in divided dosage

I recommend Tricalcium Phosphate + D3 gummies (Citracal, L'il Critters) 1 tablet twice daily.