

CT Children's CLASP Guideline Family Handout

Vitamin D Deficiency

Calcium Supplementary Guidelines

Recommend Daily Allowance	
Age (yr)	Calcium
1-3	700 mg
4-8	1000 mg
9-18	1300 mg

(IOM, 2010)

Give Calcium 2 to 3 times a day if >500 mg

Calcium Carbonate – smaller tablets; best to take with food



	Calcium Content	Vit D3	Chewable?
Caltrate 600 + D	600 mg	400 IU	yes
Viactive Ca + D	500 mg	500 IU	yes
TUMS	200 mg	-	yes
TUMS EX 750	300 mg	-	yes
TUMS Ultra	400 mg	-	yes

Calcium Citrate – can take on empty stomach and if on acid-blockers



	Calcium Content	Vit D3	Chewable?
Citracal + D	250 mg	200 IU	No
Citracal Max + D	315 mg	250 IU	No
Citracal Petites + D	200 mg	250 IU	no