



# Calcium Competitive Assessment

To achieve the RDA of 1000mg of elemental calcium, you will need to take:

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<p>1 Scoop/Packet = 500mg Calcium</p>	<p><b>Leading Citrate Tablet</b></p> <p>1 Tablet = 300mg Calcium Total Absorption per Tablet = 150mg</p>	<p><b>Leading Carbonate Tablet</b></p> <p>1 Tablet= 500mg Calcium Total Absorption per Tablet = 50mg</p>	<p><b>Leading Antacid with Calcium Tablet</b></p> <p>1 Tablet = 400mg Calcium Total Absorption per Tablet = 40mg</p>
<p><b>Fact</b></p> <ul style="list-style-type: none"> <li>• Powder form</li> <li>• No side effects</li> <li>• Flavorless</li> <li>• Easy to blend</li> <li>• Better value</li> <li>• More absorbable calcium per serving</li> <li>• No Need to crush or swallow large pills</li> </ul>	<p><b>Fact</b></p> <ul style="list-style-type: none"> <li>• Takes more tablets to get RDA</li> <li>• Difficult to swallow</li> <li>• Pills need to be crushed</li> </ul>	<p><b>Fact</b></p> <ul style="list-style-type: none"> <li>• Requires high stomach acid for absorption</li> <li>• Cause constipation, requiring bowel medications</li> <li>• Plays a role in the formation of kidney stones</li> <li>• Chalky, gritty taste</li> <li>• Found on medication list; requires MD order</li> </ul>	