





Calcium Citrate Options (do not need to be taken with food)

Always separate your calcium supplement from your multivitamin by a minimum of 2 hours and separate the calcium supplements from each other (if taking more than one)

Brand		Calcium Per tablet/chew	Vitamin D Per tablet/chew	Availability	Dose needed per day
Barinutrics™ calcium chewy bites		500mg	500IU	www.barinutrics.com.au Pineapple/Mango Raspberry and Chocolate flavour available	1 – 2
Fitforme soft calcium chew		500mg	500IU	www.fitforme.com.au lemon and raspberry flavour	1 - 2
BariLife BariBursts		500mg	1000 IU	www.barilife.com.au Watermelon flavour	1 - 2
BN™ Chocolate		500mg	500IU	www.bnmulti.com Chocolate balls	1 - 2
Citrical™ + vitamin D™		315mg	500 IU	Retail	2 – 3
Swisse™ Calcium + vitamin D		333mg	333IU	Retail	2 – 3
Wagner™ Calcium + Vitamin D + K		333mg	332IU (Also contains 266mcg Vit K)	Retail	2 – 3

Calcium Carbonate options (must be taken with food)

Always separate your calcium supplement from your multivitamin by a minimum of 2 hours and separate the calcium supplements from each other (if taking more than one)

Brand		Calcium Per tablet/chew	Vitamin D Per tablet/chew	Availability	Dose needed per day
Ostelin™ chewable calcium + vitamin D		600mg	500IU	Retail Lemon flavour	1 -2
Caltrate™ chocolate chews		600mg	800IU	Retail Chocolate flavour	1 -2
Ostelin™ Calcium + Vitamin D		600mg	500IU	Retail	1 -2
Caltrate™ Bone Health		600mg	500IU	Retail	1 -2