

Size Up the Supplement

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Counting Tips

- Supplements have different serving sizes and intake recommendations.
- To determine how many milligrams (mg) of a nutrient are in each capsule, divide the milligrams of that nutrient by the number of capsules in each serving size.
- Remember, you probably are getting some vitamins and minerals from your diet. Be sure to include both supplements and dietary intake when considering if you are getting the right amount of a nutrient.

Note: Adequate intake is the amount that is recommended for the average person to maintain good health.

How many milligrams of calcium are in each capsule of this supplement?

_____ mg/capsule

How many capsules would you have to take each day to meet the calcium requirement for your age group?

_____ capsules/day

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 125

	Amount Per Serving	% Daily Value
Total Carbohydrate	1g	<1% ⁺
Calcium (as calcium citrate/ calcium carbonate/calcium malate)	500 mg	50%

⁺Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule), cellulose, magnesium stearate, silica.

Recommendation: Take 2 capsules twice daily, preferably with food.

Adequate Intakes (AIs) for Calcium

Age	Male	Female	Pregnant	Lactating
Birth to 6 months	210 mg	210 mg		
7-12 months	270 mg	270 mg		
1-3 years	500 mg	500 mg		
4-8 years	800 mg	800 mg		
9-13 years	1,300 mg	1,300 mg		
14-18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19-50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
50+ years	1,200 mg	1,200 mg		

What type of calcium is best?

Many different forms of calcium are available in pill form. Calcium carbonate, calcium citrate, calcium malate, lactate, glucarate, microcrystalline hydroxyapatite and coral calcium are just some examples. Calcium carbonate has been studied the most substantially and usually rates high in absorption. However, some tablets of calcium carbonate are not formulated correctly and do not dissolve adequately. Calcium carbonate also can cause gastric discomforts such as bloating and abdominal pain for some individuals. Calcium citrate usually is absorbed as well as calcium carbonate but without the issues of gastric discomfort. Other forms of calcium have not been studied as extensively.

No matter what type of calcium you decide to take, be sure to check the milligram amount of calcium in each pill and consider your dietary intake to determine how many pills to take each day. Most experts suggest taking calcium with meals and only taking 500 mg at one time. If you take a calcium supplement, be sure your supplement also provides vitamin D or you get your vitamin D from a separate supplement.

Size Up the Nutrition Facts Label: How Much Calcium is in a Serving of Food?

Calculating Tips

- Percent Daily Value (%DV) stands for the percentage of the recommended amount of the nutrient in a serving of a particular food. Daily values are recommendations for adults based on a 2,000-calorie diet. On a Nutrition Facts label, %DV serves as an average recommendation to give consumers a good idea of the nutrient value of a food.

Example

The nutrition label shows that one serving of cereal has 25% DV of calcium. You need other calcium sources during the day to meet your overall goal.

Note: Different age groups have slightly different recommendations for nutrient intake. Follow your doctor or dietitian's recommendation based on your individual needs.

Nutrition Facts

12 servings per container

Servings size **3/4 cup (27g)**

Amount per serving	Cereal	with 1/2 cup skim milk
Calories	100	140
	% DV*	% DV*
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Total Sugars 4g		
0g Added Sugars		
Protein 3g		
Vitamin D	10%	25%
Calcium	2%	15%
Iron	45%	45%
Potassium 95mg	3%	9%
Vitamin C	10%	10%
Thiamin	50%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Biotin		
Vitamin E		
Phosphorus	10%	20%
Iodine		
Zinc	50%	50%
Manganese	6%	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How much is one serving of this cereal?
_____ cup/serving

What percentage of the DV for calcium does one serving provide (without milk)?
_____ %

What percentage of the DV for magnesium is in each serving (without milk)?
_____ %

What percentage of the DV for vitamin D is in each serving (without milk)?
_____ %

Answers: 3/4 cup/serving, 2% DV for calcium/serving, 6% DV for magnesium/serving, 10% DV for vitamin D/serving