

How to take Calcium

Get "Citracal with D" at Walmart. If you don't drink milk, eat cheese, yogurt, ice cream or cottage cheese daily, then you must take 3 Citracal with D a day. Two of these tablets equal 630 mg of calcium. If you get the "Petites", take 4 a day as 2 equals 500mg of calcium.

However, for each cup or slice of milk product you eat or drink, you can subtract one tablet. (A slice is the volume in one slice of American cheese).

Buy Magnesium separately as Magnesium Oxide (250 or 400mg) and take 2 or 3 a day to prevent constipation from your calcium. Do not get "Citracal with D Plus" as it contains Manganese and Magnesium. Manganese is not good for you.

Also, in addition to the Vitamin D that is in the Citracal with D, get Vitamin D 1000 units and take one tablet a day. This helps prevent cancer of the colon, pancreas, breast, ovary, and prostate. A recent study showed 72 percent less colon cancer in patients taking extra Vitamin D.