

## Recommended daily dose of calcium and Vitamin D to prevent hip fractures:

600-1200mg calcium and 800-1000IU of Vitamin D per day.

It is recommended that the calcium is taken at night.

Preparation	Intake per day	Calcium (mg)		Vitamin D (IU)		Cost per month (approximate)
Ostelin Vitamin D & Calcium	2 caplets *	= 1200	√	1000	√	\$15
Citracal + D	2 tablets *	= 630	√	1000	√	\$12
Calvid	1 sachet **	= 1000	√	880	√	\$12
Calsource Ca1200+D	1 sachet **	= 1200	√	800	√	\$18
Caltrate Plus	2 tablets *	= 1200	√	400	X	\$11
Caltrate 600mg with Vitamin D	2 tablets *	= 1200	√	400	X	\$11
Cenovis Mega Calcium Plus D	2 tablets *	= 1200	√	200	X	\$14
Ostelin Vitamin D	1 gel capsule	= 0	X	1000	√	\$7
Ostevit-D	1 tablet *	= 0	X	1000	√	\$5
Blackmores Vitamin D3	1 capsule	= 0	X	1000	√	\$6
Caltrate	2 tablets *	= 1200	√	0	X	\$6
Calsup	2 chewable tablets *	= 1000	√	0	X	\$5
Sandocal	1 effervescent tablet *	= 1000	√	0	X	\$20

*Recommendations of the SA Health Working Party on Osteoporosis and Fracture Prevention September 2008*

- √ meets recommended daily dose
- X less than recommended daily dose
- \* tablet can be crushed
- \*\* effervescent powder