Supplements & Falls

Calcium

- Build healthy bones and teeth
- Common calcium type: carbonate, citrate, lactate, gluconate, phosphate
- Can be obtained from diet
- Each contains different level of elemental calcium

Health Promotion Board, the recommended dietary allowance for calcium is 800mg per day for people aged 19 to 50

Glucosamine, Chondroitin, MSM

- Maintain healthy joints
- Derived from seafood, DO NOT use either if you are allergic to shellfish
- Benefits not consistent











Vitamin D

- •Helps body to absorb calcium.
- •Body can make vitamin D when it is exposed to ultra violet (UVB) rays of the sun.
- •Let the sun shine on your arms and legs twice a week, anytime between 10am and 3pm, for about 5 to 30 minutes.



Others

- Protein, Phosphorus, Magnesium,
 Vitamins D, K and C play critical roles in bone nutrition include
- However, too much protein can lead to the loss of bone density

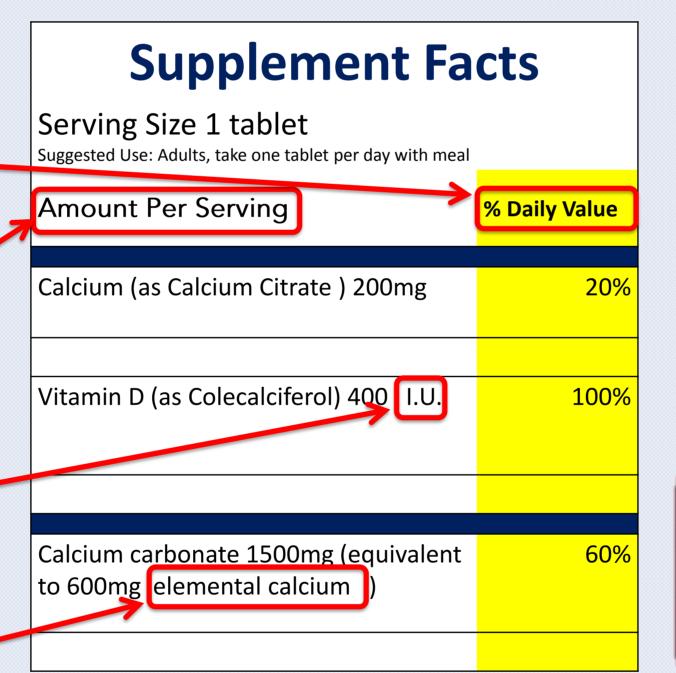
HOW TO READ A SUPPLEMENT LABEL

Percentage of the recommended daily intake for each nutrient that is provided by the supplement for all people ages 4 years and older.

Nutrients contained in the supplement, followed by the quantity present in each serving.

International standard unit of measure for fat soluble vitamins (A, D and E).

Amount of calcium actually available to the body.



DO YOU KNOW

All men and women older than 65 should aim for 1,500 mg of elemental calcium and at least 800 IU of vitamin D daily*

*https://www.healthhub.sg/a-z/diseases-and-conditions/617/Osteoporosis



DRUG INTERACTIONS WITH CALCIUM

- Bisphosphonates (to treat Osteoporosis)
- Antibiotics
- Levothyroxine
- Diuretics
- Antacids
 https://ods.od.nih.gov/factsheets/Calcium-Consumer

REMEMBER!

- Eat a well balanced diet to attain your daily calcium requirement.
- Get sufficient sun exposure to enhance calcium absorption from your diet.
- Enjoy a healthy lifestyle that includes regular weight-bearing exercises. Limit alcohol, caffeine and avoid smoking.

CALCIUM-RICH FOODS



Always check with your doctor or pharmacist if you have any questions about dietary supplements and what may be best for your overall health

