

# 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.

### Supplement Facts

Serving Size 1 tablet

Suggested Use: Adults, take one tablet per day with meal

Amount Per Serving	% Daily Value
Calcium (as Calcium Citrate ) 200mg	20%
Vitamin D (as Colecalciferol) 400 I.U.	100%
Calcium carbonate 1500mg (equivalent to 600mg elemental calcium )	60%

## 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!

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

## CALCIUM-RICH FOODS

 Milk	 Soya Milk	 Yogurt	 Cheese
 Sardines	 Beancurd	 Wholemeal bread	 Broccoli
 Kai Lan	 Almond	 Dried Ikan Bilis (with bone)	 Eggs

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



IGA  
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