

Calcium and Vitamin D

The foundation of bone treatment

Calcium tablet: Take daily
Vitamin D sachet (60,000 IU): once a week for weeks, then **once a month**.

How to take them

- **Calcium: take it with or just after food.** It needs stomach acid to be absorbed.
- If you take two calcium tablets a day, **take them separately — one morning, one night.** Your body can only absorb about one tablet's worth at a time, so taking both together wastes half of it.
- **Vitamin D sachet:** empty it into a glass of milk or water and drink it after a meal. Same day each week.
- Keep a **2-hour gap** between calcium and your iron tablets, thyroid tablet, or weekly bone tablet.

FOOD COUNTS TOO — AND IT IS CHEAPER

One glass of milk (250 mL) gives about 300 mg of calcium. So does a bowl of curd. Paneer, ragi, sesame (til), green leafy vegetables and almonds are all good sources. **Aim to get most of your calcium from food and use the tablet to fill the gap.**

Fifteen to twenty minutes of sunlight on your arms and face, a few times a week, helps your body make vitamin D.

IF THE TABLET CAUSES CONSTIPATION OR BLOATING

Drink more water, split the dose, and take it with food. If it still troubles you, **tell us** — there is a different form of calcium (calcium citrate) that is gentler and can be taken any time. Do not simply stop it.

More is not better. Please do not add extra calcium tablets on your own. Too much can cause kidney stones.

