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Elemental calcium content per pill of different calcium supplements

	Elemental Ca/tablet	Ca compound	Vitamin D
Caltrate 600 + D3	600 mg	Carbonate	800 units (20 mcg)
Caltrate 600 + D3 Soft Chews	600 mg	Carbonate	800 units (20 mcg)
Caltrate Gummy Bites	250 mg	Tribasic calcium phosphate	400 units (10 mcg)
Caltrate 600 + D3 Plus Minerals Chewables	600 mg	Carbonate	800 units (20 mcg)
Caltrate 600 + D3 Plus Minerals Minis	300 mg	Carbonate	800 units (20 mcg)
Citracal Petites	200 mg	Citrate	250 units (6.25 mcg)
Citracal Maximum	315 mg	Citrate	250 units (6.25 mcg)
Citracal Plus Magnesium & Minerals	250 mg	Citrate	125 units (3.12 mcg)
Citracal + D Slow Release	600 mg	Citrate + carbonate blend	500 units (12.5 mcg)
Citracal Calcium Gummies	250 mg	Tricalcium phosphate	500 units (12.5 mcg)
Citracal Calcium Pearls	200 mg	Carbonate	500 units (12.5 mcg)
Os-Cal Calcium + D3	500 mg	Carbonate	200 units (5 mcg)
Os-Cal Extra + D3	500 mg	Carbonate	600 units (15 mcg)
Os-Cal Ultra	600 mg	Carbonate	500 units (12.5 mcg)
Os-Cal Chewable	500 mg	Carbonate	600 units (15 mcg)
Tums	200 mg	Carbonate	–
Tums Extra Strength	300 mg	Carbonate	–
Tums Ultra Strength	400 mg	Carbonate	–
Tums Chewy Delights	400 mg	Carbonate	–
Viactiv Calcium plus D + K	650 mg	Carbonate	500 units (12.5 mcg)

Ca: calcium; units: international units.

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