









## RISK FACTORS FOR OSTEOPOROSIS:

- A family history of osteoporosis
- Body weight of less than 57 kg (125 lbs)
- Low dietary calcium intake
- Smoking
- Excessive alcohol intake
- Excessive caffeine intake
- Medical conditions that affect calcium absorption
- Loss of more than 10% of body weight after age 25
- Reduced bone density (osteopenia)
- Early menopause (before age 45)

	DOSAGE	PATIENT PROFILE	KEY BENEFIT	KEY NUTRIENTS PER TABLET
<b>CALTRATE SELECT®</b> 	1 – 2 tablets daily with food	Adults seeking <b>more vitamin D</b>  Ideal for pre and postmenopausal women	Contains double the vitamin D for better calcium absorption	600 mg Elemental Calcium <b>400 IU</b> Vitamin D
<b>CALTRATE® SOFT CHEWS</b> 	1 – 2 chews daily with food  <b>Physician samples available</b>	Adults and children 6+ with difficulty swallowing tablets Adults seeking <b>more vitamin D</b> <b>Suitable for diabetics</b>	Tasty chocolate or vanilla soft chews (10 cal/chew) Great for seniors and children More vitamin D for better calcium absorption	600 mg Elemental Calcium <b>400 IU</b> Vitamin D
<b>CALTRATE PLUS®</b> 	1 – 2 tablets daily with food  <b>Physician samples available</b>	Adults who require a bone fortifying formula  Adults seeking <b>more vitamin D</b>	Provides calcium and vitamin D along with a blend of minerals necessary for bone health	600 mg Elemental Calcium <b>400 IU</b> Vitamin D 50 mg Magnesium 7.5 mg Zinc 1 mg Copper 1.8 mg Manganese
<b>CALTRATE PLUS® CHEWABLES</b> 	1 – 2 chewables daily with food	Adults with difficulty swallowing tablets  Adults seeking <b>more vitamin D</b>	Tasty fruit flavoured chewable tablet with calcium and vitamin D along with a blend of minerals necessary for bone health (10 cal/chewable)	600 mg Elemental Calcium <b>400 IU</b> Vitamin D 50 mg Magnesium 7.5 mg Zinc 1 mg Copper 1.8 mg Manganese
<b>CALTRATE® WITH VITAMIN D</b> 	1 – 2 tablets daily with food	Adults Children 6+	Calcium for bone health and vitamin D to aid the absorption of calcium	600 mg Elemental Calcium <b>200 IU</b> Vitamin D
<b>CALTRATE®</b> 	1 – 2 tablets daily with food	Adults who do not require extra vitamin D	Good source of calcium	600 mg Elemental Calcium

\* all products are gluten and dairy free

**It's never too early or too late for Caltrate®**  
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