

Allergen Free Calcium and Vitamin D

Supplement Name	Website	Serving Size	Mg of Calcium	IU of Vitamin D
Lil' Critters Calcium with Vitamin D	www.gummyvites.com	Under 4 years of age: 1 gummy bear 4 years of age and older: 2 gummy bears	110 mg per gummy bear	220 IU per gummy bear
FitFormula Classic Calcium + Vitamin D	Fitformulawellness.com	1 packet	1000 mg	1000 IU
Calcium 2 Go	www.olympianlabs.com	1 packet	1000 mg	1500 IU
Kirkman Labs Calcium with Vitamin D Powder—Hypoallergenic	www.kirkmangroup.com	1/2 teaspoon (3 grams)	1000 mg	175 IU
Tums Regular Strength	http://www.tums.com	1 tablet	500 mg	0 IU
Tums Extra Strength	http://www.tums.com	1 tablet	750 mg	0 IU
Tums Smoothies - Peppermint	http://www.tums.com	1 tablet	750 mg	0 IU
Tums Ultra Strength	http://www.tums.com	1 tablet	1000 mg	0 IU
D-Vi-Sol	http://www.enfamil.com	1 mL	0 mg	400 IU
Rainbow Light Sunny Gummies Vitamin D ₃ 400 IU	http://www.rainbowlight.com	4 years of age and older: 1 gummy	0 mg	400 IU

Note: Always choose supplements with vitamin D3, **not** vitamin D2.