

Be careful!

Keep your calcium pills out of reach of children.

If your child does swallow any:

Call Poison Control right away at 1-800-876-4766.



Calcium helps you and your baby grow and stay healthy.

If you are not getting enough calcium:

- Talk to your health care provider about taking calcium pills.
- Take your calcium pills just as your provider tells you to.
- If there is more than one pill, take one every 3 to 4 hours. Do not take all the pills at one time.
- Do not take calcium at the same time as your prenatal vitamins or iron tablets.
- Don't take more than 1000 mg of calcium a day.

You may have problems when taking calcium.

- You may get constipated or have diarrhea. Ask your health care provider for help.
- If you take too many calcium pills, you could get kidney stones. Take only what your health care provider recommends.

Stay away from these kinds of calcium pills:

- Do not use calcium phosphate. Your body does not use the calcium in it very well.
- Do not take oyster shells, bone meal or dolomite pills.
- Some calcium pills and antacids have lead in them. Ask your pharmacist for safe choices.

