1. Take calcium in the safest, best-absorbed form: Calcium Citramate

2. Be sure to get the proper supporting ingredients:
   a. Vitamin D
   b. Magnesium (in the proper 2:1 ratio)
   c. Vitamin C
   d. Vitamin K (at least 126 mcg per serving)
   e. Lysine

3. Don’t take more than 500 MG of calcium at a time as this is the maximum amount your body can absorb. Spread your doses through the day to reach 1,000 to 1,200 MG over the course of the day.

4. Don’t take calcium with iron as they will fight for absorption. Space your calcium and supplements containing iron at least 2 hours apart.

5. Find a calcium supplement in capsule form. Tablets don’t break down in the body as well – in fact, calcium is used in many tablets as a binding agent, so a tablet made with nothing but calcium has a good chance of not breaking down well at all.

Looking for a single product that meets all the above criteria?
Check Out Calciology™ Now