

Calcium, Phosphorus, and Vitamin D Products



Endocrinology and Diabetes Clinic

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Selected Canadian Calcium Products

Generic Name / Brand Name	Elemental Calcium
Tums® Regular 500 mg	200 mg/tab
Tums® Extra Strength 750 mg	300 mg/tab
Tums® Chewy Bites	300 mg/chew
Tums® Ultra Strength 1000 mg	400 mg/tab
Tums® Chewies	470 mg/chew
Viactiv® Chews	500 mg/chew
BCCH Pharmacy suspension	80 mg/mL
Note: The regular Tums® tablet, for example, is called Tums® 500 mg. Since calcium carbonate is 40% elemental calcium, Tums® 500 mg actually only contains 200 mg of elemental calcium.	

Normal Levels of Common Lab Tests for a Child 6–12 Months of Age*

Test	Normal Range
calcium*	1.87–2.50 mmol/L
ionized calcium*	1.10–1.30 mmol/L
phosphorus*	1.29–2.58 mmol/L
magnesium*	0.78–1.03 mmol/L
intact PTH	1.0–5.5 pmol/L
alkaline phosphatase	110–320 U/L
25-hydroxy-vitamin D	25–110 nmol/L
1,25-dihydroxy-vitamin D	40–190 nmol/L
urinary calcium/creatinine ratio*	<1.69 mmol/mmol

*Normal levels vary depending on the age of the child and the lab method used.

Canadian Vitamin D Products

Generic Name	Trade Name and Dosages Available
Cholecalciferol (vitamin D ₃)	Multivitamins: most contain 400 IU Supplements: usually 400 IU or 1000 IU - Baby Ddrops®: 400 IU/drop - Kids Ddrops®: 400 IU/drop - Adult Ddrops®: 1000 IU/drop - XS Ddrops®: 2500 IU/drop - prescription: 10,000 and 50,000 IU tabs/caps
Alfacalcidol (1-hydroxy-vitamin D)	One-Alpha®: 0.25-microgram capsules 1-microgram capsules 2 microgram/mL (0.1 microgram/drop)
Calcitriol (1,25-dihydroxy-vitamin D)	Rocaltrol®: 0.25-microgram capsules 0.5-microgram capsules

Canadian Phosphorus Products

Generic Name	Trade Name and Dosage Available
Sodium phosphate monobasic	JAMP-Sodium Phosphate fizzy tablets: 500 mg or 16.1 mmol elemental phosphorus per tab
Sodium phosphate monobasic, dibasic	Phoslax® oral solution, 45-mL bottle: 129 mg or 4.15 mmol elemental phosphorus per mL
Potassium phosphate monobasic (Health Canada Special Access Programme)	K-Phos® Original 500-mg tabs: 114 mg or 3.68 mmol elemental phosphorus per tab
Potassium phosphate monobasic, dibasic	Potassium Phosphates Injection USP, 50-mL vial: 93 mg or 3.0 mmol elemental phosphorus per mL