

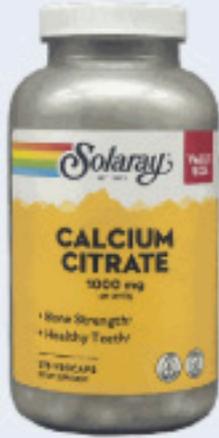
Results of ConsumerLab.com Testing of Calcium Supplements (Including Combinations With Vitamin D, Magnesium, Vitamin K, and Boron)



(Click arrows or swipe left or right to see all columns)

Approval Status ⓘ Product Name	Claimed Amount and Form of Key Ingredient(s) Per Serving ⓘ Heavy Metals ⓘ	Suggested Serving on Label Pill Size ⓘ	Cost Per Suggested Serving [Per 250 mg Calcium Found]
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Calcium Only:

<p>APPROVED</p> <p>Top Pick for calcium only</p> <p>Solaray® Calcium Citrate 1,000 mg</p>  <p>Mfd. by Nutraceutical Corp.</p> <p>\$ Price Check</p>	<p>4 Vegcaps</p> <p>Calcium: 1,000 mg (calcium citrate, calcium carbonate) [Found 914.1 mg ✓]</p> <p>Metals: Pass Lead: 0.45 mcg Arsenic: 0.92 mcg Cadmium: 0.67 mcg Mercury: ND</p>	<p>Take 4 VegCaps daily with a meal or glass of water.</p> <p>Large capsule</p>	<p>\$0.32/4 Vegcaps</p> <p>[\$0.09]</p> <p>\$21.99/275 Vegcaps</p>
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Calcium & Vitamin D:

APPROVED

Top Pick

for calcium and vitamin D
Bayer Citracal® Petites



Dist. by Bayer HealthCare LLC

[\\$ Price Check](#)

2 coated caplets

Calcium: 400 mg (calcium citrate)
[Found 375.1 mg ✓]

D3: 12.5 mcg (500 IU)
[Found 17.7 mcg (707 IU) ✓]

Metals: Pass
Lead: 0.45 mcg
Arsenic: 0.18 mcg
Cadmium: 0.07 mcg
Mercury: 0.005 mcg

Also passed disintegration testing ⓘ

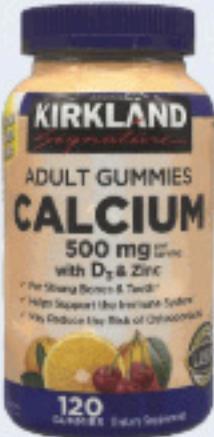
Adults and children 12 year of age and older. Take 1 serving (2 caplets) twice daily with or without food or as recommended by your health professional. Take with a full glass of water in an upright position.

Large coated caplet

\$0.14/2 coated caplets

[\$0.09]

\$13.50/200 coated caplets

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<div data-bbox="60 350 544 438" style="background-color: green; color: white; text-align: center; padding: 5px;">APPROVED</div> <p data-bbox="60 467 544 714">Kirkland Signature [Costco] Adult Gummies Calcium 500 mg with D3 & Zinc - Orange & Cherry Natural Fruit Flavors</p> <div data-bbox="191 777 405 1214">  </div> <p data-bbox="78 1249 524 1345">Dist. by Costco Wholesale Corporation</p>	<p data-bbox="771 343 985 387">2 gummies</p> <p data-bbox="682 460 1073 685">Calcium: 500 mg (tribasic calcium phosphate) [Found 523.6 mg ✓]</p> <p data-bbox="632 758 1123 918">D3: 25 mcg (1,000 IU) [Found 27.2 mcg (1,088.8 IU) ✓]</p> <p data-bbox="614 991 960 1275">Metals: Pass Lead: 0.19 mcg Arsenic: 0.52 mcg Cadmium: ND Mercury: ND</p>	<p data-bbox="1295 343 1736 503">Chew two (2) gummies daily, preferably with a meal.</p> <p data-bbox="1383 576 1648 620">Large gummy</p> <p data-bbox="1257 693 1774 918"><i>Taste: Large, soft, sugar-coated gummy with sweet, fruit flavor (5 g added sugar per 2 gummies; 25 Calories)</i></p>	<p data-bbox="1988 343 2328 387">\$0.33/2 gummies</p> <p data-bbox="2089 460 2227 503">[\$0.16]</p> <p data-bbox="1950 576 2366 620">\$19.99/120 gummies</p>

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<div data-bbox="55 349 539 435" style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold;">APPROVED</div> <p data-bbox="113 465 483 556">Metagenics® Bone Builder® Forte</p> <div data-bbox="181 621 415 1062">  </div> <p data-bbox="105 1093 488 1138">Mfd. by Metagenics</p> <div data-bbox="171 1176 418 1229" style="background-color: #e0f2f1; padding: 5px; text-align: center; font-weight: bold; color: #00796b;">\$ Price Check</div>	<p data-bbox="768 341 982 387">2 capsules</p> <p data-bbox="637 462 1111 681">Calcium: 420 mg (microcrystalline hydroxyapatite complex) [Found 478.4 mg ✓]</p> <p data-bbox="619 757 1131 916">D3: 50 mcg (2,000 IU) [Found 62.4 mcg (2,496 IU) ✓]</p> <p data-bbox="609 991 929 1271">Metals: Pass Lead: 0.67 mcg Arsenic: 0.1 mcg Cadmium: ND Mercury: ND</p>	<p data-bbox="1260 341 1766 500">Take two capsules once daily or as directed by your healthcare practitioner.</p> <p data-bbox="1378 576 1648 621">Large capsule</p>	<p data-bbox="1985 341 2320 387">\$0.77/2 capsules</p> <p data-bbox="2081 462 2220 508">[\$0.40]</p> <p data-bbox="1950 576 2353 621">\$69.58/180 capsules</p>

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Calcium & Magnesium:

<p>APPROVED</p> <p>Sundown® Calcium Magnesium & Zinc ⓘ</p>  <p>Mfd. by Rexall Sundown, Inc.</p> <p>\$ Price Check</p>	<p>3 caplets</p> <p>Calcium: 1,000 mg (calcium carbonate, calcium gluconate) [Found 1,007.8 mg ✓]</p> <p>Magnesium: 400 mg (magnesium oxide, magnesium gluconate) [Found 440.1 mg ✓] ^{>UL}</p> <p>Metals: Pass Lead: 0.74 mcg Arsenic: 0.92 mcg Cadmium: 2.3 mcg Mercury: 0.004 mcg</p> <p>Also passed disintegration testing ⓘ</p>	<p>For Adults, Take Three (3) Caplets Daily, Preferably With A Meal.</p> <p>Large caplet</p>	<p>\$0.16/3 caplets</p> <p>[\$0.04]</p> <p>\$5.35/100 caplets</p>
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Calcium, Vitamin D & Magnesium:

APPROVED

Caltrate Minis



Dist. by GSK Consumer Healthcare

[\\$ Price Check](#)

2 mini tablets

Calcium: 600 mg (calcium carbonate)
[Found 561.9 mg ✓]

D3: 40 mcg (1,600 IU)
[Found 47.1 mcg (1,882.4 IU) ✓]

Magnesium: 50 mg (magnesium oxide)
[Found 59.5 mg ✓]

Metals: Pass

Lead: 0.23 mcg

Arsenic: 0.26 mcg

Cadmium: 1.4 mcg

Mercury: **ND**

Also passed disintegration testing ⓘ

Adults: Take two (2) mini tablets once daily with food or as directed by your physician. Not formulated for use in children.

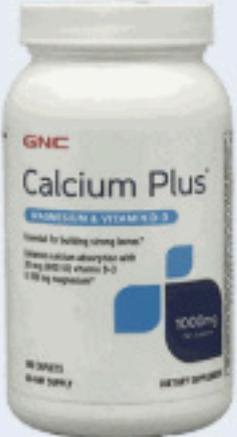
Medium/large mini tablet

\$0.24/2 mini tablets

[\$0.11]

\$17.99/150 mini tablets



Approval Status ⓘ Product Name	Claimed Amount and Form of Key Ingredient(s) Per Serving ⓘ Heavy Metals ⓘ	Suggested Serving on Label Pill Size ⓘ	Cost Per Suggested Serving [Per 250 mg Calcium Found]
<div data-bbox="55 364 546 451" style="background-color: green; color: white; padding: 5px; text-align: center;">APPROVED</div> <div data-bbox="55 479 546 566" style="background-color: blue; color: white; padding: 5px; text-align: center;">Top Pick</div> <p data-bbox="95 572 506 667">for calcium, vitamin D and magnesium</p> <p data-bbox="78 687 524 733">GNC Calcium Plus® ⓘ</p> <div data-bbox="186 794 423 1231">  </div> <p data-bbox="83 1266 519 1360">Dist. by GNC Holdings, LLC</p> <div data-bbox="178 1399 423 1459" style="border: 1px solid black; padding: 2px; display: inline-block;">\$ Price Check</div>	<p data-bbox="791 358 967 405">3 caplets</p> <p data-bbox="690 479 1073 641">Calcium: 1,000 mg (calcium carbonate) [Found 955.3 mg ✓]</p> <p data-bbox="640 713 1123 874">D3: 20 mcg (800 IU) [Found 25.8 mcg (1,033.4 IU) ✓]</p> <p data-bbox="665 955 1098 1116">Magnesium: 500 mg (magnesium oxide) [Found 517.3 mg ✓] ^{>UL}</p> <p data-bbox="619 1197 866 1237">Metals: Pass</p> <p data-bbox="619 1257 917 1298">Lead: 0.86 mcg</p> <p data-bbox="619 1318 942 1358">Arsenic: 1.9 mcg</p> <p data-bbox="619 1378 992 1419">Cadmium: 0.96 mcg</p> <p data-bbox="619 1439 992 1479">Mercury: 0.004 mcg</p> <p data-bbox="630 1540 1134 1641">Also passed disintegration testing ⓘ</p>	<p data-bbox="1295 358 1748 405">Take three caplets daily.</p> <p data-bbox="1401 479 1648 526">Large caplet</p>	<p data-bbox="2010 358 2313 405">\$0.25/3 caplets</p> <p data-bbox="2091 479 2232 526">[\$0.07]</p> <p data-bbox="1975 592 2353 639">\$14.99/180 caplets</p>

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Calcium, Vitamin D & Vitamin K

<p>APPROVED</p> <p>NuBest® Tall 10+ ⓘ ⓘ</p>  <p>Dist. by NuBest, Inc.</p> <p>\$ Price Check</p>	<p>1 capsule</p> <p>Calcium: 220 mg (calcium carbonate) [Found 275.6 mg ✓]</p> <p>D3: 10 mcg (400 IU) [Found 13.5 mcg (540 IU) ✓]</p> <p>K2 as MK-7: 60 mcg [Found 51.6 mcg ✓]</p> <p>Metals: Pass Lead: 0.11 mcg Cadmium: 0.21 mcg Arsenic: 0.16 mcg Mercury: ND</p>	<p>Large capsule</p> <p>Should be used daily as a dietary supplement for children (10+) and teenagers. Take one (1) capsule twice daily after meals.</p>	<p>\$0.92/capsule</p> <p>[\$0.83]</p> <p>\$55.00/60 capsules</p>
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Calcium, Vitamin D, Magnesium & Vitamin K:

APPROVED

Top Pick

for calcium, vitamin D, magnesium and vitamin K

New Chapter® Plant Calcium Bone Strength Take Care®



Dist. by New Chapter, Inc.

[\\$ Price Check](#)

3 vegetarian slim tablets

Calcium: 905 mg
(from organic algae *Lithothamnion spp.*)
[Found 958.3 mg ✓]

D3: 25 mcg (1,000 IU)
[Found 35.3 mcg (1,412.4 IU) ✓]

Magnesium: 62 mg
(from organic algae *Lithothamnion spp.*)
[Found 80.6 mg ✓]

K1: 35 mcg
[Found 52.9 mcg ✓]

K2 as MK-7: 45 mcg
[Found 59.4 mcg ✓]

Metals: Pass
Lead: 0.09 mcg
Arsenic: 2.6 mcg
Cadmium: 1.6 mcg
Mercury: **ND**

Also passed disintegration testing ⓘ

Three Tablets Daily With Food.

Large vegetarian slim tablet

\$1.05/3 vegetarian slim tablets

[\$0.27]

\$41.97/120 vegetarian slim tablets

Approval Status ⓘ Product Name	Claimed Amount and Form of Key Ingredient(s) Per Serving ⓘ Heavy Metals ⓘ	Suggested Serving on Label Pill Size ⓘ	Cost Per Suggested Serving [Per 250 mg Calcium Found]
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Calcium, Vitamin D, Magnesium & Boron:

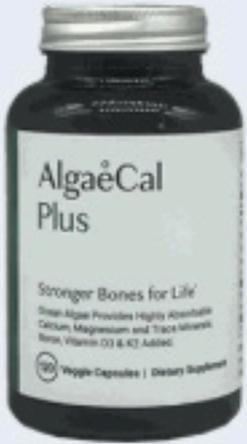
<p>APPROVED</p> <p>USANA® Magnecal D ⓘ</p>  <p>Mfd. by USANA Health Sciences, Inc.</p> <p>\$ Price Check</p>	<p>2 tablets</p> <p>Calcium: 260 mg (calcium citrate, calcium carbonate) [Found 269.2 mg ✓]</p> <p>D3: 12.5 mcg (500 IU) [Found 16 mcg (639.5 IU) ✓]</p> <p>Magnesium: 260 mg (magnesium citrate, magnesium carbonate) [Found 262.4 mg ✓] ^{>UL}</p> <p>Boron: 0.66 mcg (boron cirtate) [Found 0.83 mcg ✓]</p> <p>Metals: Pass Lead: 0.14 mcg Arsenic: 0.11 mcg Cadmium: 0.3 mcg Mercury: 0.005</p> <p>Also passed disintegration testing ⓘ</p>	<p>Large tablet</p> <p>Adults take two (2) tablets twice daily, preferably with food.</p>	<p>\$0.47/2 tablets</p> <p>[\$0.44]</p> <p>\$26.50/112 tablets</p>
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Calcium, Vitamin D, Magnesium, Vitamin K & Boron:

APPROVED

AlgaeCal Plus



Dist. by AlgaeCal Inc.

[\\$ Price Check](#)

2 veggie capsules

Calcium: 360 mg (AlgaeCal® *I. superpositum*)
[Found 403.2 mg ✓]

D3: 20 mcg (800 IU)
[Found 26 mcg (1,039.4 IU) ✓]

Magnesium: 175 mg (magnesium oxide, AlgaeCal® *I. superpositum*)
[Found 229.3 mg ✓] ^{>UL}

Boron: 1.5 mg (boron glycinate)
[Found 1.5 mg ✓]

K2 as MK-7: 50 mcg
[Found 50.7 mcg ✓]

Metals: Pass
Lead: 0.58 mcg
Arsenic: 2.5 mcg
Cadmium: 0.01 mcg
Mercury: 0.002 mcg

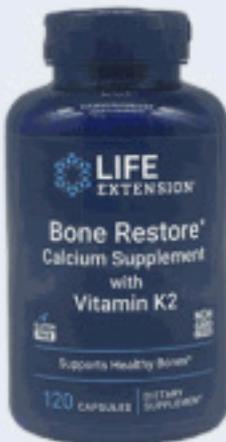
As Take 2 caps twice daily with meals (4 caps per day) to support bone strength.

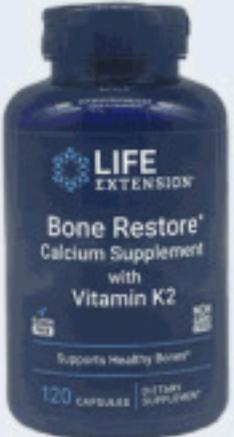
Large veggie capsule

\$1.22/2 veggie capsules
[\$0.75]

\$219.00/three bottles of 120 veggie capsules (360 veggie capsules total)



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<div data-bbox="63 351 541 430" style="background-color: green; color: white; padding: 5px; text-align: center;">APPROVED</div> <div data-bbox="63 464 541 544" style="background-color: blue; color: white; padding: 5px; text-align: center;">Top Pick</div> <p data-bbox="75 555 529 691">for calcium, vitamin D, magnesium, vitamin K & boron</p> <p data-bbox="63 714 541 873">Life Extension® Bone Restore Calcium Supplement with Vitamin K2 ⓘ ⓘ ⓘ</p> <div data-bbox="189 975 415 1417">  </div> <p data-bbox="138 1451 466 1598">Dist. by Quality Supplements and Vitamins, Inc.</p> <p data-bbox="88 1644 516 1757">(New Formulation ⓘ -- See Update)</p> <p data-bbox="176 1791 428 1848">\$ Price Check</p>	<p data-bbox="768 340 995 385">4 capsules</p> <p data-bbox="667 464 1096 805">Calcium: 700 mg (calcium carbonate, calcium citrate malate, calcium bisglycinate, calcium fructoborate) [Found 796.6 mg ✓]</p> <p data-bbox="642 873 1121 1031">D3: 25 mcg (1,000 IU) [Found 31.4 mcg (1,257.4 IU) ✓]</p> <p data-bbox="693 1111 1071 1270">Magnesium: 300 mg (magnesium oxide) [Found 342.4 mg ✓]</p> <p data-bbox="667 1349 1096 1508">Boron: 3 mg (calcium fructoborate) [Found 3.8 mcg ✓]</p> <p data-bbox="630 1587 1134 1689">K2 as <i>trans</i> MK-7: 200 mcg [Found 250.3 mcg ✓]</p> <p data-bbox="617 1757 995 2041">Metals: Pass Lead: 0.14 mcg Arsenic: 0.18 mcg Cadmium: 0.26 mcg Mercury: 0.002 mcg</p>	<p data-bbox="1247 340 1776 805">Take four (4) capsules daily, or as recommended by a healthcare practitioner. Scientific studies suggest calcium supplementation in divided doses with food in the morning and evening may yield the best results.</p> <p data-bbox="1373 873 1650 918">Large capsule</p>	<p data-bbox="1978 340 2331 385">\$0.50/4 capsules</p> <p data-bbox="2079 464 2230 510">[\$0.16]</p> <p data-bbox="1953 578 2356 623">\$14.85/120 capsules</p>

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<div data-bbox="63 358 549 449" style="background-color: red; color: white; padding: 5px; text-align: center; font-weight: bold;">NOT APPROVED</div> <p data-bbox="63 476 549 669">Life Extension® Bone Restore Calcium Supplement with Vitamin K2</p> <div data-bbox="189 737 423 1174">  </div> <p data-bbox="138 1213 473 1349">Dist. by Quality Supplements and Vitamins, Inc.</p> <p data-bbox="113 1417 498 1553">(Older Formulation - Discontinued ⓘ -- See Update)</p>	<p data-bbox="768 351 995 396">4 capsules</p> <p data-bbox="667 464 1096 816">Calcium: 700 mg (calcium carbonate, calcium citrate malate, calcium bisglycinate, calcium fructoborate) [Found 671.1 mg ✓]</p> <p data-bbox="617 884 1146 1054">D3: 25 mcg (1,000 IU) [Found 41 mcg (1,640.4 IU) ✓]</p> <p data-bbox="693 1122 1071 1281">Magnesium: 300 mg (magnesium oxide) [Found 325.2 mg ✓]</p> <p data-bbox="667 1349 1096 1519">Boron: 3 mg (calcium fructoborate) [Found 3.2 mcg ✓]</p> <p data-bbox="617 1587 1146 1757">K2 as <i>trans</i> MK-7: 200 mcg [Found only 161.6 mcg (80.8% of listed amount)]</p> <p data-bbox="617 1825 995 2120">Metals: Pass Lead: 0.38 mcg Arsenic: 1.2 mcg Cadmium: 0.68 mcg Mercury: ND</p>	<p data-bbox="1247 351 1801 816">Take four (4) capsules daily, or as recommended by a healthcare practitioner. Scientific studies suggest calcium supplementation in divided doses with food in the morning and evening may yield the best results.</p> <p data-bbox="1373 884 1650 929">Large capsule</p>	<p data-bbox="1990 351 2331 396">\$0.60/4 capsules</p> <p data-bbox="2091 464 2230 510">[\$0.22]</p> <p data-bbox="1953 578 2368 623">\$18.00/120 capsules</p>

Unless otherwise noted, information about the products listed above is based on the samples purchased by ConsumerLab.com (CL) for this Product Review. The samples are from a single lot of the respective product. Be aware that there may be lot-to-lot variation in products, particularly natural products. Manufacturers may change ingredients and label information at any time, so be sure to check labels carefully when evaluating the product you use or buy as it may be different from the product we tested. Manufacturers may also change ingredient suppliers, which can affect product quality. Pricing can change over time and vary based on retailer, promotions, and other factors.

The information contained in this report is based on the compilation and review of information from product labeling and analytic testing. CL applies what it believes to be the most appropriate testing methods and standards. The information in this report does not reflect the opinion or recommendation of CL, its officers or employees. CL cannot assure the accuracy of information.

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