

Selected Reliable Supplement-Related Websites

Office of Dietary Supplements • National Institutes of Health, USA

You will find information that is written for the consumer about a wide variety of vitamin, mineral and botanical supplements. For an overview of supplement use, check *Tips For The Savvy Supplement User*, *Tips for Older Dietary Supplement Users*, and *How To Evaluate Health Information on the Internet: Questions and Answers*.

There is also a long list of Dietary Supplement Fact Sheets for different supplements, including calcium and vitamin D. These fact sheets look at multiple aspects of calcium and vitamin D, including: what is calcium and vitamin D and how much we should be getting at different ages, where do we find these nutrients in foods and different supplements, how much can we rely on the sun to provide us with vitamin D, how do calcium and vitamin D affect our health, and interactions with different medications. Dietitians, academic and research experts have reviewed the information provided in the fact sheets. Draw on this information to help you decide, in consultation with your health care provider, if you should take supplements.

Dietary Supplement Fact Sheet: Calcium

Dietary Supplement Fact Sheet: Vitamin D

BC Women's Hospital & Health Centre – Nutrition for Healthy Bones

This resource answers many common questions about taking calcium and vitamin D supplements for bone health. It explains when to take different types of calcium supplements for best absorption, how to determine how much calcium you are getting in one serving of a food from the calcium information on the food label, what to look for when buying a calcium supplement, whether you need a vitamin D supplement, and provides local (British Columbia) contacts for seeking further information.

The BC Women's Hospital and Health Centre Osteoporosis Program offers an osteoporosis clinic for those who are at risk of or have osteoporosis and have a referral from their doctor. They also offer 2 to 3 osteoporosis education classes each year that do not require a doctor's referral. Check with the health centre for the dates of these clinics and education classes. Health professionals from the Osteoporosis Program have developed the Osteofit exercise program. Osteofit classes are available at community centres throughout British Columbia. Check with your local community centre to see if they offer these classes. The Osteoporosis Program website provides downloadable resources on osteoporosis.

HealthLink BC Program, BC Health Files: Nutrition Series

This series of health-related resources has been written in an easy to understand language to help you make better decisions about your health. In addition to the three supplement-related health files provided here, use the search box to find information on topics such as Fitness, Osteoporosis, and Osteopenia.

Vitamin and Mineral Supplements for Adults

Healthy Eating and Healthy Aging for Adults

Food Sources of Calcium and Vitamin D

Dial-a-Dietitian

If you live in British Columbia, Dial-a-Dietitian is a one-stop resource for asking any nutrition-related questions you have to a Registered Dietitian at the other end of the phone line. They offer translation services in 130 languages! Call toll-free from anywhere in BC 1-800-667-3438, or if you live in the metro Vancouver area call 604-732-9191. You can view links and download resources about bone health and many other health issues from the website.

Osteoporosis Canada

Beyond offering further information regarding foods, exercise and supplements for bone health, this website provides basic information about the diagnosis of and possible treatment options for osteoporosis. You can use the Calcium Calculator™ to estimate your daily calcium intake from the foods you eat and beverages you drink. Try some of the calcium-rich recipes! They also offer a toll-free bilingual information line: 1-800-463-6842 English and 1-800-977-1778 French.

National (U.S.) Osteoporosis Foundation

This website provides a wide range of information about bone health and osteoporosis. Click *Prevention* on the left hand menu to learn more about getting enough calcium and vitamin D from foods and supplements.

Women's Health Matters

This is a website that provides evidence-based information on a wide variety of women's health topics with expert contributors from Ontario's Women's College Hospital. This link will take you directly to the Osteoporosis Health Centre where you will find information on different aspects of osteoporosis.

Mayo Clinic

The Mayo Clinic provides comprehensive information on a wide variety of health topics, including osteoporosis. This page of the website, *Dietary supplements: Nutrition in a pill?*, suggests considerations you should take into account before using dietary supplements.