**Importance of calcium for body**

Calcium is by far the most abundant mineral in the body. Most people know calcium for its role in bone health. But, in addition to supporting bone health, calcium plays a critical role in blood coagulation, muscle contractions, and heart health. Unfortunately, too many Americans fall short of getting the amount of calcium they need, which can lead to bone loss, low bone density, and increase the chances of broken bones.

**Benefits of Calcium**

Our bodies need calcium to build and maintain healthy bones. It also requires calcium to enable proper muscle and nerve function. Both children and adults need to keep healthy calcium levels to enjoy the plethora of benefits associated with the well-known mineral. Calcium benefits your body by:

* Helping bone and teeth formation
* Helping maintain strength
* Helping muscle movements and contractions
* Assisting nerves function
* Helping blood vessels to relax and constrict to aid in blood circulation
* Releasing hormones and enzymes that help with various bodily functions
* Also, calcium supplements are tied to several health benefits including bone loss prevention in postmenopausal women; assisting with fat loss; lowering the risk of colon cancer; and improving metabolic markers.