

Let's talk about...



Calcium



Key Facts

- **Vital for building and maintaining healthy bones and teeth**
- **Vitamin D facilitates calcium absorption**

Key Benefits

- **Helps build strong bones and teeth**
- **Helps support bone density**
- **Plays a role in healthy cardiovascular function**

Calcium (Ca) is a natural element that is essential for living organisms. Ninety-nine percent of the calcium in the human body, which amounts to two to three pounds, is stored in our bones and teeth.

Calcium is an essential mineral needed to build healthy teeth and strong bones. It is also required to help contract muscles, regulate heartbeat, transmit nerve impulses and maintain fluid balance within cells.

The richest sources of calcium are dairy products, such as milk, cheese and yogurt. However, calcium can be found in other dietary sources like seaweed, broccoli, almonds and beans.

Calcium plays a critical role in strengthening bones early in life and keeping bones strong and healthy later in life. For children ages 8 and younger, adults between the ages of 19 and 50, and men between the ages of 51 and 70, the recommended intake is 1,000 mg/day. For children and young adults ages 9 through 18, the recommended intake is 1,300 mg/day.

After age 50, we absorb calcium less effectively and thus need to acquire greater amounts of calcium to compensate for this loss. For women between the ages of 51 and 70, and adults ages 71 and over, the recommended intake is 1,200 mg/day.

According to the U.S. Food and Drug Administration, adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis, a bone disease in which bone tissue thins and bone density decreases over time.



Did You Know?

According to the Institute of Medicine, most people in the United States acquire sufficient amounts of calcium from food and supplements, except for girls 9 to 18 years old.