

Calcium

Rosen Pub. - calcium



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Calcium: Health benefits, foods, and deficiency

Chronic hypercalcaemia typically leads to of soft tissue and its serious consequences: for example, calcification can cause loss of elasticity of and disruption of laminar blood flow—and thence to and.

calcium

Total, dietary, and supplemental calcium intake and mortality from all-causes, cardiovascular disease, and cancer: A meta-analysis of observational studies. Even if you don't drink milk, you can still get calcium from fortified, non-dairy beverages. All these conditions result in excess calcium salts being deposited in the heart, blood vessels, or kidneys.

Calcium

However, a doctor may recommend supplementation for some people. Alongside calcium, people also need , as this helps the body absorb calcium. Summary Tofu and edamame are both rich in calcium.

Calcium

As an , calcium is a reactive metal that forms a dark oxide-nitride layer when exposed to air. In the simplest terms, uplift of mountains exposes calcium-bearing rocks to chemical weathering and releases Ca 2+ into surface water.

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