

Why is Calcium Important?

Calcium is the most common mineral in your body. Almost all of the calcium in your body is stored in your bones and teeth. It's also found in blood, muscles, and body fluids.¹ Calcium:

- Keeps bones and teeth healthy and strong
- Helps muscles and blood vessels contract (squeeze) and expand
- Helps make hormones and enzymes.¹

Where does calcium come from?

Natural: dairy, vegetables, nuts, and fish.¹

Fortified: fruit juices, drinks, tofu, and cereals.¹

Other: nutrition drinks, nutritional bars, over the counter vitamins/minerals and medicine.¹



Fish



Broccoli



Nuts



Grains/
cereals



Dairy
products



Tofu

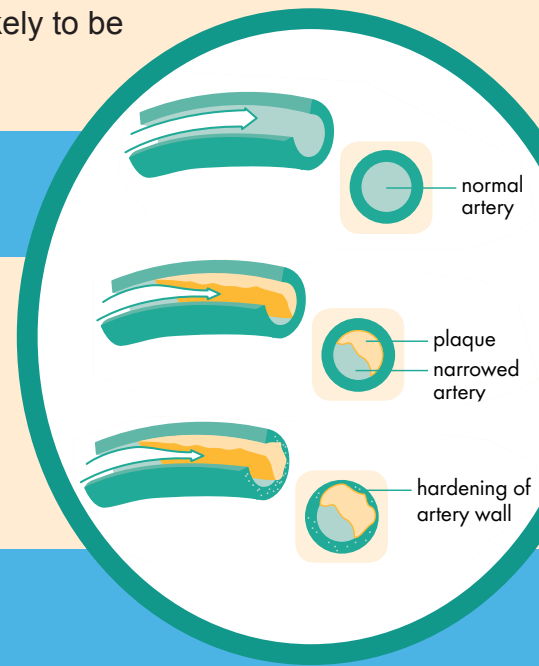


Calcium
antacid/fiber
supplements

Getting too much calcium from foods is rare; excess intakes are more likely to be caused by the use of calcium supplements.¹

What can too much calcium do to the body?

- High amounts of calcium and phosphorus in blood may lead to the formation of calcium deposits (also called calcification).^{2,3}
- When these deposits build up in places like the heart and arteries, they can cause the tissues to harden.³
- Not all symptoms of calcium deposits can be seen or felt.⁴



Tips to consider

- Check with your healthcare provider before using regular over-the-counter vitamins and minerals.
- Some medicines may contain calcium. Talk to your doctor about what medications are right for you.
- High calcium intake may also cause constipation. Talk to your doctor if you are having this problem.¹

References

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4. Calcification. Healthline Plus website. <http://www.healthline.com/health/calcification#Treatment5>. Accessed August 1, 2014