



## Calcium

### What it Does

- Keeps bones and teeth healthy
- Keeps nerves healthy
- Buffers acid in stomach
- May help prevent cancer, high blood pressure, diabetes and other age-related disorders

### Food Sources -

- Milk-products: milk, yogurt
- Canned fish with bones
- Calcium-fortified tofu or soy
- Calcium-fortified cereal and juice



### Recommendations

- 1,200 mg calcium from diet plus supplements is needed each day, but do not exceed 2,000 mg
- If you eat no milk products, then dietary intake is only about 300 mg
- Add 300 mg for each cup of milk or yogurt
- Usual supplement need is 200 mg to 900 mg daily
- Calcium carbonate and calcium citrate are well-tolerated by most people
- Take up to 500 mg at once, or less, with plenty of water
- Follow label instructions for taking with or without food