



| Calcium | |
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| Description | Calcium is an essential mineral. |
| Function | Essential for building and maintaining healthy bones, muscle contraction and blood clotting mechanism. Calcium is also essential to build healthy teeth. |
| Human Requirements | EU RDA: 800mg |
| Dietary Intake¹ | In the UK, the average diet provides: for men, 1007mg daily; women, 774mg daily. |
| Food Sources | Dairy products, canned fish such as sardines (when the soft, edible bones are consumed), dark green leafy vegetables, white bread, brown bread and pulses. |
| Deficiency Symptoms | Muscle aches and pains, muscle twitching and spasm, muscle cramps and reduced bone density. |
| Precautions / Contra-Indications | Calcium supplements should be avoided in conditions associated with hypercalcaemia and hypercalcuria, and in renal (kidney) impairment (chronic) ¹ . Safe Upper Level: 1500mg ² |
| Pregnancy & Breastfeeding | No problems have been reported. Calcium supplements may be required during pregnancy and breast-feeding. |
| Adverse Effects¹ | Reported adverse effects with supplements include nausea, constipation and flatulence (usually mild). |
| Interactions¹ | Excessive alcohol intake may reduce calcium absorption. Aluminium-containing antacids may reduce calcium absorption. Calcium carbonate or calcium phosphate may reduce absorption of iron - give 2hours apart |
| References | 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003. |