



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