

Calcium Supplements What You Need to Know

Calcium is a mineral that is essential for life. It is important for building stronger and denser bones early in life, and maintaining bone strength as we age. We lose calcium through our skin, nails, hair, sweat and urine, and our bodies don't produce calcium. Therefore, it is important to get calcium from the food we eat, and take supplements if we are unable to meet our daily goal.

Food is the best source of calcium. Most calcium comes from dairy products, but there is also some found in certain green vegetables. Below you will see daily calcium intake recommendations according to the National Osteoporosis Foundation. Before deciding whether you need a calcium supplement, make sure to add up what foods you eat that contain calcium first.

Taking more calcium than is recommended does not add benefits, in fact it increases your risk for kidney stones and other problems. The safe daily upper limit of calcium from all sources is 2,000 – 2,500 mg.

Daily Calcium Recommendations According to The National Osteoporosis Foundation

Women	
Age <50	1,000 mg
Age >50	1,200 mg
Men	
Age <70	1,000 mg
Age >70	1,200 mg

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How Much Calcium Comes from Your Diet?

Product	Servings Per Day	Calcium (mg)	Total
Milk (8 oz.)		X 300	=
Yogurt (6 oz.)		X 300	=
Cheese (1 oz. or 1 cubic inch)		X 200	=
Fortified Foods & Juices		X 80 - 1,000	=
Estimated total from other foods Note: Increase this amount if you get more than 250 mg of calcium from other foods.			= 250
Total Daily Calcium Intake, in mg			=