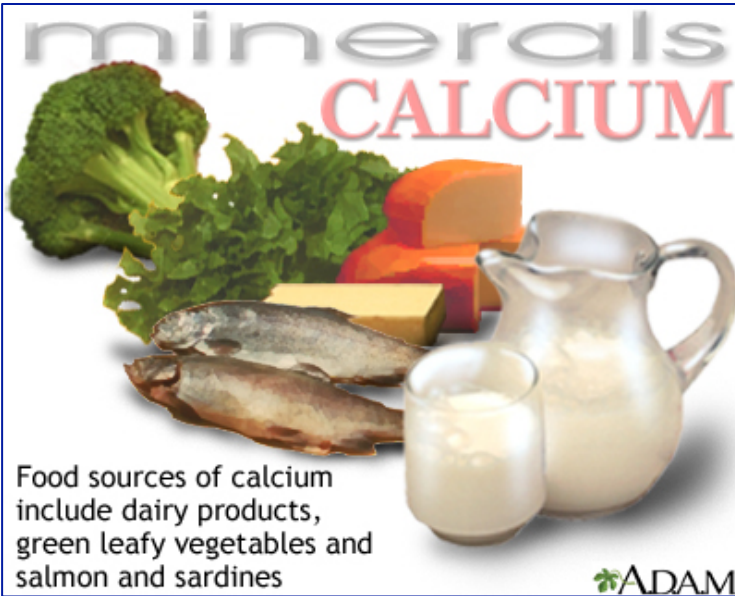


CALCIUM

SYNTHESISPT.COM



Top 5 sources of Calcium

(RDA: 1000 – 1500 mg)

1. Yogurt 1 cup = 450 mg
2. Sardines 3 oz = 370 mg
3. Milk 1 cup = 300 mg
4. Spinach 1 cup = 240 mg
5. Hard cheese 1 oz = 200 mg

Take Home Message

1. The body cannot absorb more than 600 mg of Calcium at a time. Take in doses of ≤ 600 mg, twice a day.
2. Calcium needs Vitamin D to be absorbed.
3. Vitamin C and lactose increase Calcium absorption.
4. Foods high in fat, protein, or phosphate (i.e. Colas) decrease calcium absorption.
5. Alcohol, sugar coffee, diuretics, antacids, and stress decrease calcium absorption.
6. Calcium deficiency leads to weakened bones (Osteoporosis).

Did you know...

- Our entire body needs Calcium?
- The function of **every** system in the body depends on Calcium?
- If you are Calcium deficient, the body will take the Calcium it needs from the bones? This will lead to Osteoporosis.

99% of the body's calcium supply is stored in the bones, and the remaining 1% is used to support the following functions:

Nervous system

- Decreases numbness and tingling. Regulates cell membrane permeability (what the cell allows in and out).

Muscular system

- Regulates muscle contraction & relaxation. Essential for wound healing.

Circulatory system

- Regulates blood vessel expansion and relaxation. Essential for blood clotting. Lowers blood pressure.

Endocrine System

- Production of hormones and enzymes.