

As a Nurse Practitioner for the past 40 years I have developed an appreciation for calcium and it's importance.

What is calcium?

-calcium is the most abundant mineral in the body.

What does calcium do?

-it is required for critical metabolic functions such as: blood vessel contraction and dilation, helps muscles to function, helps nerve transmission, helps cells with intracellular signaling and hormone secretion.

How is calcium regulated in the body?

-calcium in the serum is very tightly regulated and doesn't fluctuate. The body uses bone tissue as a reservoir for, and source of calcium, to maintain a constant concentration of calcium in the muscle, blood and intercellular fluids.

How much calcium do we need daily?

The RDA(Recommended Dietary Allowance), this is an average daily level of intake sufficient to meet the nutrient requirements of nearly (97%-98%) healthy individuals.

Table of RDA for calcium

Age, Male, Female, Pregnant, Lactating

0-6m 200mg, 200mg

7-12m 260mg, 260mg

1-3y 700mg, 700mg

4-8y 1000mg, 1000mg

9-13y 1300mg, 1300mg

14-18y 1300mg, 1300mg, 1300mg, 1300mg

19-50y 1000mg, 1000mg, 1000mg, 1000mg

51-70y 1000mg, 1200mg

71+y 1200mg, 1200mg

Tomorrow we will discuss sources for calcium and what is needed for best absorption.

Stay tuned ...