

CHOOSING THE RIGHT CALCIUM SUPPLEMENT

DOSE AND FORM REALLY MATTER

Calcium supplements, as most people take them, are too much of the wrong thing. It's a waste of money and people can get hurt. Instead, choosing the right form of calcium supplement is a crucial part of a lifelong, bone-building plan.



PROTECT YOURSELF

Calcium in the blood accounts for only 1% of our total body calcium—most is stored in our bones. If your blood calcium levels dip then your bones will get robbed!



AM I GETTING ENOUGH?

Most people get just 3 servings of calcium a day—half of what they need! Low dietary calcium will contribute to bone loss, increasing your risk of bone fracture.

COMMON FORMS OF CALCIUM

Calcium Carbonate

This is the cheapest and most often used form of calcium, but it is poorly absorbed and can cause side effects and irritation

Calcium Citrate

Better than calcium carbonate, but it is not very bioavailable and also causes side effects and irritation

Calcium Chelates

Well absorbed calcium products with very minimal side effects. The downside: they are VERY low dose

Calcium MCHA

This is how our bodies store calcium in bone. The absorption is good and has little GI irritation. This is what we recommend



HOW MUCH TO TAKE

Consider your dietary intake. We like products that yield about 300mg per capsule. This allows more customization.



BEWARE OF SIDE EFFECTS

Complications from too much calcium can include kidney stones, high cholesterol and artery thickness, artery calcification, and heart disease

CALCIUM IS ONE PART OF A LIFELONG PLAN



Understanding how our bones work can help you make better decisions and have more realistic expectations



Ensuring peak bone mass BEFORE the age of 30 is the best way to reduce the risk of fractures later in life