

Confused about Calcium Supplement ?

Here is all what you need to know

Calcium Supplement Guide

Calcium is essential for keeping our bones healthy and strong. With many supplements, tonics, and advertisements available, people often feel unsure about whether they really need calcium supplements. This guide explains key points in clear English.

Do You Really Need a Supplement?

Many people get enough calcium from food, but adults over 50, vegans, people with low bone density may need supplements. Women above 50 and men above 70 needs around 1200 mg calcium daily.

Excess calcium can increase kidney stone risk. Consult your doctor before taking supplements. Your body excretes excess calcium through your kidneys, and it passes into your urine, increasing the risk of kidney stones. For some people, high levels of the mineral in the blood can cause kidney problems as well as hardening blood vessels and tissue.

Some studies have also suggested that excessive calcium intake, especially from supplements, may increase the risk of heart disease, although the results are not conclusive.

Types of Supplements:

- Calcium Carbonate: 40% elemental calcium, to be taken with food.
- Calcium Citrate: 21% elemental calcium, can be taken with or without food.
- Other forms: calcium gluconate, calcium lactate, calcium phosphate.

Always check the label to know the actual amount of calcium in a calcium supplement.

Calcium Supplements: What to Do When Confused?

Comparison Chart:

Supplement Type	Advantages	Disadvantages
Calcium Carbonate	High calcium content, inexpensive	Gas, constipation
Calcium Citrate	Better absorption, anytime use	Lower calcium content
Calcium Phosphate	Gentle on stomach	Expensive, less available

Recommended Dosage:

Always check the label to determine the actual amount of calcium in a calcium supplement.

The typical dosage is 1000–1200 mg per day, depending on age and needs.

The more calcium you consume at one time, the more difficult it will be for your body to process.

The body absorbs only 500–600 mg at a time. Split doses. Start low (200–300 mg/day).

If you are trying a new supplement, start with a small dose like 200-300 mg daily for a week and gradually increase it.

Potential Side Effects:

- Constipation,
- Gas,
- Nausea,

- Risk of kidney stones (if taken in large doses)

Drink plenty of water and avoid excessive doses.

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Drug Interactions:

- Iron supplements: Reduces calcium absorption.
- Thyroid medications: Take 4 hours apart from calcium.
- May reduce the effectiveness of some antibiotics and BP medications. Take these at least 2 hours apart.
- Some antacids, laxatives, and steroids can remove calcium from your body or prevent you from using it.

Vitamin D Connection:

Vitamin D is essential for calcium absorption. A deficiency in vitamin D prevents the full benefits of calcium.

When to see a doctor

If you have kidney problems, have had kidney stones in the past, or are being treated for a bone disease, be sure to consult a doctor.

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Vegetarian Sources for calcium :



- Milk,
- Curd,
- Paneer,
- Spinach,
- Broccoli,
- Almonds,
- Chia Seeds,
- Sesame Seeds,
- Tofu,
- Ragi,
- Rajma.

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Non-Vegetarian Sources for calcium :



- Salmon,
- Sardines (With Bones),
- Eggs,
- Chicken Bone Soup,
- Seafood.

Conclusion:

- ✓ Prefer food sources first.
- ✓ Use supplements only if necessary, with Vitamin D.
- ✓ Consult your doctor before taking supplements.