

## CALCIUM

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Calcium - Wikipedia

Calcium is a chemical element with symbol Ca and atomic number 20. As an alkaline earth metal, calcium is a reactive metal that forms a dark oxide-nitride layer when exposed to air.

Calcium | Osteoporosis Canada

Calcium. Bone is a living tissue, that is constantly renewing and repairing itself from everyday wear and tear. Calcium is essential to helping the remodeling process stay balanced.

Calcium: Supplements, Deficiency, Uses, Effects, and More

The mineral calcium is well-known for its key role in bone health. Calcium also helps maintain heart rhythm, muscle function, and more. Because of its health benefits, calcium is one of the best.

Calcium Health Professional Fact Sheet

Introduction. Calcium, the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as antacids).

Food Sources of Calcium and Vitamin D |

HealthLinkBC File 68e

IU = International Units Which foods contain calcium?

Calcium is found in small amounts in lots of different foods. Foods that are highest in calcium include milk, yogurt and beverages with calcium added such as fortified orange juice and some plant-based beverages.

Calcium - Canada.ca

Calcium is a mineral that is important for your health.

Calcium plays many roles in the body: Forms the structure of your bones and teeth. Helps muscles work.

Calcium | MedlinePlus

You have more calcium in your body than any other mineral. Calcium has many important jobs. The body stores more than 99 percent of its calcium in the bones and teeth to help make and keep them strong.

Calcium : Health benefits, foods, and deficiency - Medical ...

Calcium is a chemical element that is essential for living organisms, including humans. It is the most abundant mineral in the body and vital for good health.

Calcium | Costco

Jamieson Calcium Magnesium with Vitamin D3 -- 365 Tablets. Vitamin D helps in the absorption and use of calcium and phosphorous; Magnesium helps to maintain proper muscle function, helps in tissue formation, and helps the body to metabolize carbohydrates, fats and

proteins

[CALCIUM - webmd.com](#)

Overview Information Calcium is a mineral that is an essential part of bones and teeth. The heart, nerves, and blood-clotting systems also need calcium to work.