

# Calcium



## Why do we need it?

- Build & maintain strong bones & teeth.
- Muscle contraction & relaxation.
- Transmitting nerve signals.
- Blood Clotting.



**Recommended Daily Allowance:** depends on age & gender:

- Adults (19-50): **1,000 mg/day**
- Women over 50 & men over 70: **1,200 mg/day**



= **300mg**

250ml Milk



= **250-300mg**

225g Yoghurt



= **240mg**

1 cup Spinach



= **325mg**

3oz Sardines

## Symptoms of Deficiency:

Bone Health  
Issues



Muscle  
Cramps



Dental  
Problems



Brittle Nails



Fatigue

