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ORIGINAL ARTICLE

EFFECT OF CALCIUM DEFICIENCY: AN OVERVIEW

Sangeeta Raman[1] and Dr. Binay Kumar Choudhary[2]
[1]Research Scholar , Univ. Dept. Of Home Science , L.N.M.U. Darbhanga .
[2]Lecturer , Dept. Of Home Science ,M.L.S.M. College, Darbhanga.

ABSTRACT

This paper provides the statistics concerning calcium that's a mineral that's well-known for its key function in bone fitness.. Calcium additionally facilitates hold coronary heart rhythm, muscle feature, and greater. Because of its health blessings, calcium is one of the fine-promoting supplements.

INTRODUCTION

Calcium is key to growing new bone and preserving the bone you have got robust. Calcium supplements are trendy for treating and preventing osteoporosis -- vulnerable and effortlessly broken bones -- and its precursor, osteopenia. Calcium has many other uses. It's an element in lots of antacids. Medical doctors also use it to govern excessive ranges of magnesium,phosphorus, and potassium in your blood. There is suitable proof it can help prevent or manage excessive blood stress. It can additionally ease pms signs and play a position in preventing certain cancers. A few studies shows that calcium with vitamin d, for instance, might also assist guard premenopausal girls from breast most cancers. Calcium also has been studied as a weight loss resource. But up to now, these research had been inconclusive.

The human beings most probably to have too little calcium are postmenopausal girls. In view that dairy products are one of the maximum commonplace sources of calcium, individuals who are lactose intolerant or vegan might not get enough, either.[1-6]

CALCIUM DOSAGE

The institute of medicine has set nutritional reference intake (dri) and encouraged day by day allowance (rda) requirements for calcium. Getting this quantity from the meals you consume, with or without supplements, may be enough to preserve your bones healthful. Medical doctors might also recommend higher doses.

TABLE 1

Category	Calcium: (RDA)
0-6 months	200 mg/day
7-12 months	260 mg/day
1-3 years	700 mg/day
4-8 years	1,000 mg/day
9-18 years	1,300 mg/day
19-50 years	1,000 mg/day
51- 70 years	1,200 mg/day (women) 1,000 mg/day (men)
Category	1,200 mg/day

Women who're pregnant or breastfeeding don't want amounts past the pointers above.

DISCUSSION

The tolerable upper intake levels (ULs) of a supplement are the highest amount that most people can take safely. For calcium, it's:

- Infants 0-6 months: 1,000 mg/day
- Infants 7-12 months: 1,500 mg/day
- Children 1-8 years: 2,500 mg/day
- Children/teens 9-18 years: 3,000 mg/day
- Adults 19-50 years: 2,500 mg/day
- Adults over 51 years: 2,000 mg/day

In fashionable, it is first-class to take calcium supplements with food. For higher absorption, do not take extra than 500 milligrams at one time. Split up larger doses over the direction of the day. On your frame to utilize calcium nicely, you furthermore may want to get enough nutrition d and magnesium.

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