

## MAJOR MINERALS

# Calcium

Calcium is a chemical element with the symbol “Ca” and atomic number 20. It is one of the essential minerals for the human body and is crucial for various physiological processes.

### Dietary Sources

Good dietary sources of calcium include dairy products (such as milk, cheese, and yogurt), leafy green vegetables (like broccoli and kale), fortified foods (such as fortified plant based milk and cereals), and some nuts and seeds.

### Role in the Body

Calcium is primarily known for its role in maintaining strong bones and teeth. Around 99% of the body's calcium is stored in the bones and teeth, where it provides structural support and strength.

### Some benefits include:

#### Bone Health

Calcium is essential for the formation and maintenance of strong and healthy bones.

#### Teeth Health

Calcium is also essential for the development and maintenance of strong and healthy teeth.

#### Muscle Function

Calcium is critical for muscle contraction. When a muscle contracts, calcium ions are released, allowing muscle contraction.

#### Cell Function

Calcium is a crucial secondary messenger in many cellular processes. It regulates various cellular functions.

### RDA

Male - 1000 mg per day

Female - 1200 mg per day

