

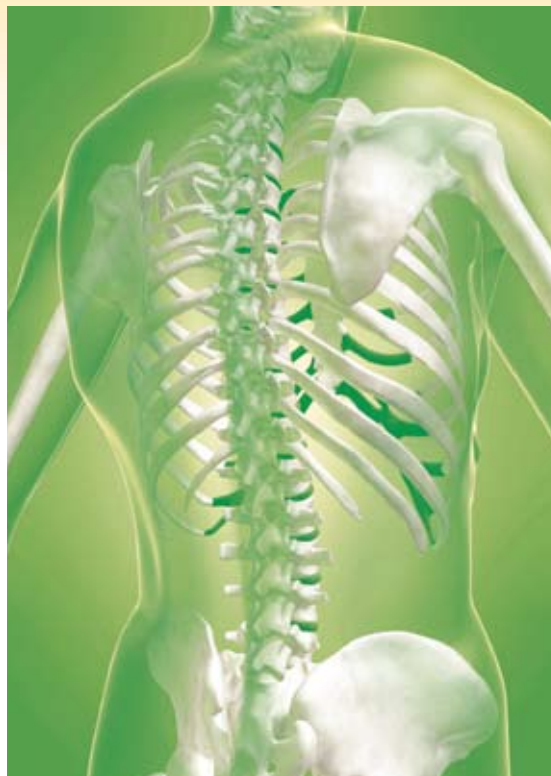


The Importance of Calcium and Vitamin D

Calcium, an essential nutrient, is the most abundant mineral in the human body. More than 99% of the body's total calcium content can be found in the bones and teeth, while the remaining 1% is distributed throughout the body in blood, muscle, and the fluid between cells. Calcium is required for muscle contraction, blood vessel contraction and expansion, healthy hormone and enzyme secretion, and balanced nervous system functioning. A consistent level of calcium is maintained in body fluid and tissues so these vital body processes run smoothly.

For calcium to be absorbed sufficiently, it depends upon the presence of adequate amounts of vitamin D, a fat-soluble vitamin, which works with the parathyroid hormone to regulate the amount of calcium in the blood. Vitamin D also works with other nutrients to promote bone mineralization. Without this important vitamin, bones can become thin, brittle and misshapen. Vitamin D can be acquired either by ingestion or exposure to sunlight.

In spite of the fact that calcium and vitamin D are critical daily nutrients, most Americans do not get enough calcium, and, in certain populations, some lack adequate amounts of vitamin D. This may be due to the fact that we eat more processed foods than ever before—foods devoid of essential nutrition. Research increasingly confirms that diets lacking in natural whole fruits, a wide variety of vegetables, grains, lean meats, healthy dairy products, nuts and seeds have a significant impact on our health, quality of life and longevity. It's a fact that nutritional deficiencies can lead to certain types of disease. Without an adequate, constant supply of calcium and vitamin D, bones, teeth, muscle and overall well being will be compromised.



ON AVERAGE,
THE ADULT
HUMAN
BODY
HAS 205
BONES.



SOURCES OF CALCIUM:

- MILK
- YOGURT
- CHEESE
- COLLARDS
- TURNIP GREENS
- KALE
- CANNED SALMON
- SUPPLEMENTATION

SOURCES OF VITAMIN D:

- SALMON
- CANNED SARDINES
- MACKEREL
- TUNA
- EGGS
- ENRICHED MILK
- SUPPLEMENTATION



Sources: National Institutes of Health Office of Dietary Supplements United States Department of Agriculture Wikipedia