

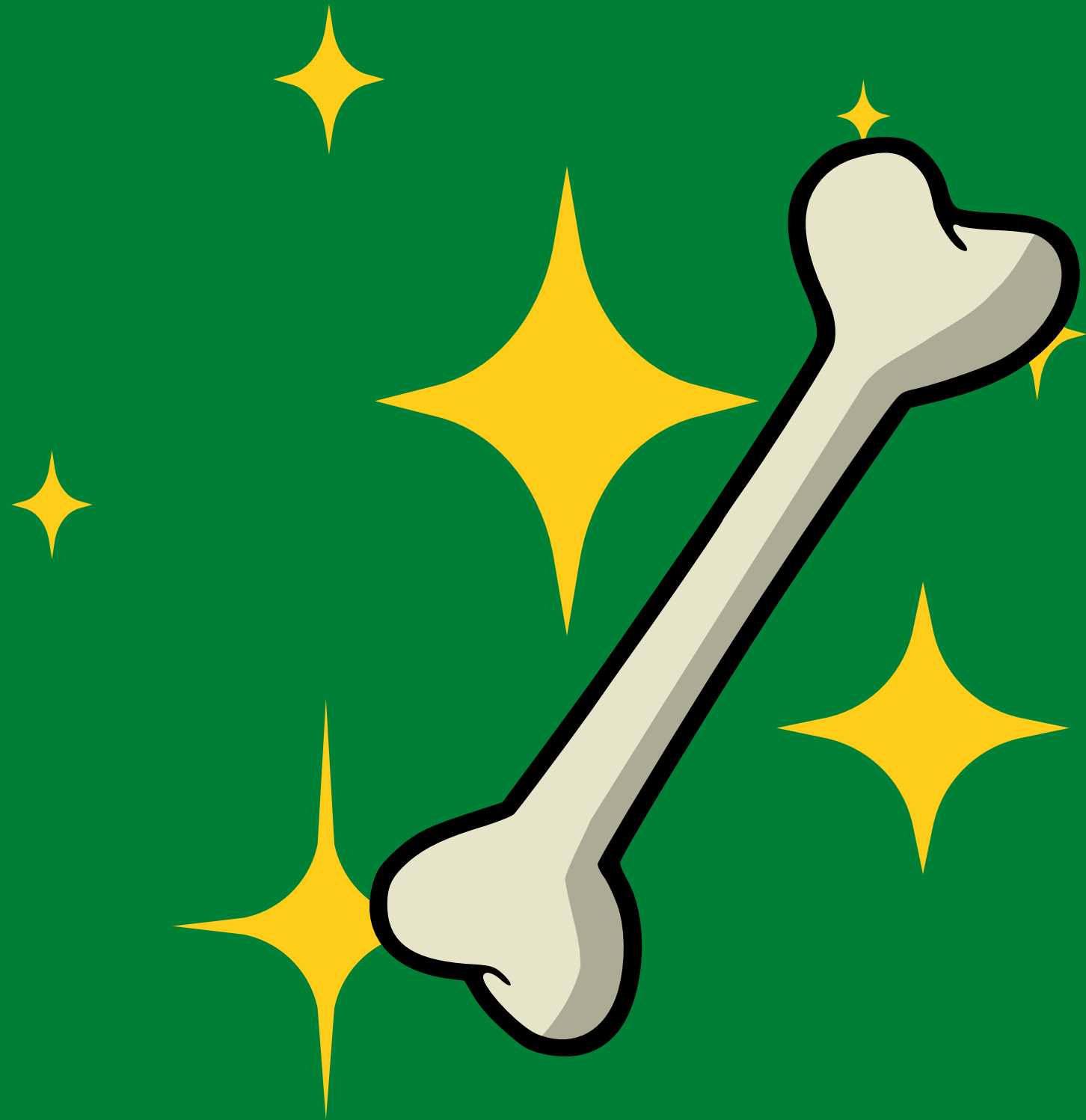


# CALCIUM

Nepomiashcha Anastasia



# WHAT IS IT ?



**Calcium is a nutrient that all living organisms need, including humans. It is the most abundant mineral in the body, and it is vital for bone health. Humans need calcium to build and maintain strong bones, and 99% of the body's calcium is in the bones and teeth.**

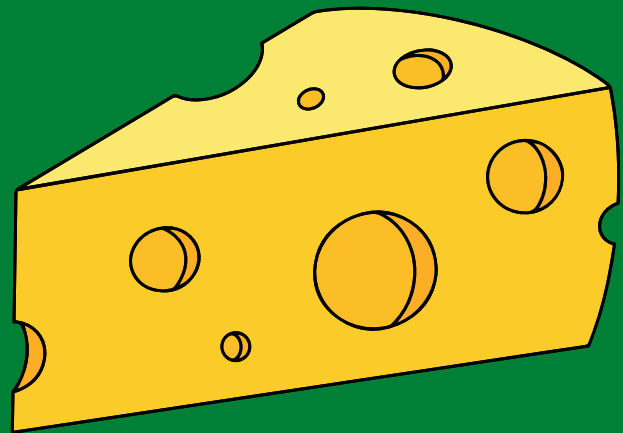
# HOW MUCH OF IT DO PEOPLE NEED?

The average adult needs 1,000 mg of calcium per day. The amount increases to 1,200 mg per day for women over the age of 50 and men over the age of 71.

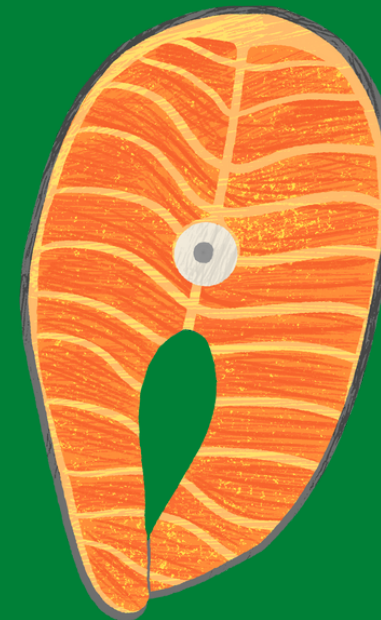


# WHAT FOODS PROVIDE THIS VITAMIN?

cheese



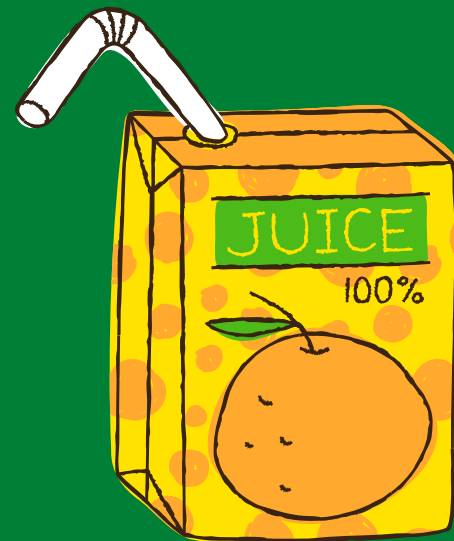
salmon



YOGURT



natural fruit  
juices



milk



# WHAT IF A PERSON DOESN'T HAVE ENOUGH OF IT?



**Calcium deficiency can lead to serious problems, such as bulimia, anorexia, lack of parathyroid hormone, Muscle cramps or weakness, even to some types of cancer.**

# CAN CALCIUM BE HARMFUL?



High levels of calcium in the blood and urine can cause poor muscle tone, poor kidney function, low phosphate levels, constipation, nausea, weight loss, extreme tiredness, frequent need to urinate, abnormal heart rhythms, and a high risk of death from heart disease. However, high levels of calcium in the blood and urine are usually caused by a health condition such as high levels of parathyroid hormone or cancer, not by high calcium intakes.

**you should be careful and examine your level of calcium, as well as of other vitamins. Too much or too less can be harmful, but the right amount of it in your organism will make you healthy!**



**THANKS  
FOR YOUR ATTENTION**

