

4. Calcium

Calcium is essential for healthy bones and teeth. It's also very important in other systems of the body, such as the health and functioning of nerves and muscle tissue.

Low calcium intake can weaken your bones. If the body notices that there's not enough calcium in the blood, it will use hormones to reduce the amount of calcium put out by the kidneys. If not enough calcium is taken in through food/drink, calcium will be taken from the bones. If your dietary intake remains continuously low, your body will eventually remove sufficient calcium from your bones that they become weakened and brittle.

Furthermore, as a natural consequence of the aging process, the skeleton loses calcium, a condition heightened among women in the five years around the age of menopause. However, both men and women lose bone mass as they age. While a diet high in calcium cannot reverse age-related bone loss, it can slow the rate of loss. The recommended dietary intake for calcium is 1,300mg per day for women over the age of 50 years and men over the age of 70 years.

The beneficial role of dietary calcium from food and supplements is now well documented in Australia and overseas. Packaged foods with measured levels of calcium, as in the case of Pro10 Active, will include statements regarding both the level of this mineral and the contribution a single serve makes to the formal Recommended Daily Intake.

Pro10 Active has 400mg of calcium per serve; or around 50% of the Recommended Daily Intake

For a comprehensive review of current information about osteoporosis and dietary calcium, we suggest the following website: <http://www.osteoporosis.org.au/>