

# Calcium supplements

Calcium is the most abundant mineral in the body. Calcium is required for the normal development and maintenance of the skeleton as well as for the proper functioning of neuromuscular and cardiac function. It is stored in the teeth and bones where it provides structure and strength.

## Osteoporosis

Calcium supplements are used to prevent and treat osteoporosis, a condition that causes bones to become weak and brittle. This can lead to fractures and other complications. Calcium supplements are also used to help with muscle cramps and other symptoms.

Calcium supplements are available in various forms, including tablets, capsules, and powders. They are typically taken with meals to improve absorption. The most common form is calcium carbonate, which is also found in many foods.

## Cardiovascular disease

Calcium supplements may help reduce the risk of cardiovascular disease, including heart disease and stroke. This is because calcium is essential for the proper functioning of the heart and blood vessels.

Calcium supplements are also used to help with high blood pressure and other cardiovascular conditions. They may help to relax the blood vessels and improve blood flow.

Calcium supplements are also used to help with osteoarthritis, a condition that causes joint pain and stiffness. Calcium is essential for the repair and maintenance of cartilage in the joints.

Calcium supplements are also used to help with muscle cramps and other symptoms. Calcium is essential for the proper functioning of the muscles, and a deficiency can lead to cramps and other problems.

## Renal failure

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