

Which Form Of Calcium Is Best For You?

There is no warning signal that lets you know if you have a calcium deficiency. Actually, a calcium deficiency is usually undetectable until damage that is irreversible has already occurred. A calcium deficiency is extremely hard to detect because the calcium level in the blood may seem to be normal, even if extreme cases of deficiency are actually occurring. This is because the body has a calcium bank, which can be found in teeth and bones. Calcium is needed in order to control muscular contractions such as the heart, blood-clotting, transmission of nerve impulses, and other requirements which take priority.

You may not know for sure whether you have calcium deficiency until you experience loose teeth, receding gums, or a bone fracture. At this point you will realize how brittle and chalky your bones have become. There is no known cure for osteoporosis, and it seems to be affecting people at younger ages more and more. The progression towards this illness takes years, but it is going on unnoticed in a great percentage of our population right as we speak.

There are many reasons why calcium deficiency is so widespread. First, calcium is not easily absorbed, as no more than 10-20% of what is found in foods is actually consumed and metabolized. This is because a meal that is high in fats can form insoluble calcium soaps which cause calcium to pass through the system without being absorbed. Also, the calcium in certain vegetables can actually be inhibited from releasing by oxalates that are found naturally in foods such as rhubarb, kale, spinach, broccoli, grains, and cereals.

Furthermore, vitamins A and D must be present in the body in order for absorption to occur. Additionally, calcium requires an acid environment for absorption, which is a huge problem for older people who have less production of digestive acids. More so, amino acids are needed for the formation of calcium-amino acid complexes and magnesium and phosphorus must be present in a precise ratio's. Without all of these factors, you can lose a lot of the benefit, no matter how much calcium you are taking in.

A great variety of calcium supplements can be found in your health food store. These supplements can range from a simple calcium carbonate to bone meal, dicalcium phosphate, dolomite, calcium lactate, calcium gluconate, and many others. Although they all contain calcium, they vary in the amount of actual calcium content from 40% in calcium carbonate to 9% in calcium gluconate. Calcium carbonate has the highest percentage calcium per gram, but it acts as an antacid which makes this supplement somewhat useless since calcium can only be absorbed in an acid environment.

Acid breaks down the bonds between the calcium element and its bonding partner like carbonate or amino acid chelate. Calcium Carbonate has a carbon bond the strongest bond of its kind; this makes it extremely unwise for those people who are older or suffer from a digestive acid deficiency. The Cheap price of calcium carbonate comes at a a price, poor digestion and absorbability.

Calcium carbonate that is derived from oyster shells is no different from any other form. However, oyster shells carry an additional risk of being contaminated with naturally occurring heavy metals found in the oyster bed environment. Calcium phosphate is probably the best source of calcium, since the principle calcium in the body is actually calcium hydrogen phosphate which is easy to digest.

Whether you choose calcium carbonate or calcium citrate, ask your local health food store which calcium is best for you depending on your age and whether you have a digestion disorder or not. With poor diets and lack of exercise, calcium supplementation is a must for most people. Have you had your calcium today?

About the Author

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