

Dietary Calcium Sources

▣ Nuts	(30gm)	50 mg
▣ Milk/yogurt	(8 oz)	300 mg
▣ Hard cheese	(29 gm)	300mg
▣ Tofu	(5x4x4cm ³)	500mg
▣ Sardines	(3 oz)	325mg
▣ Salmon	(3oz)	180mg

Thyroid and Calcium

- ▣ Thyroid gland secretes the hormone Calcitonin which helps to control (decrease) Ca^{++} level.
T4 and T3
- ▣ Parathyroid gland secretes the hormone PHT which helps to control (increase) Ca^{++} level

How To Take

- ▣ dosage greater than 500mg per day, should be in divided doses
- ▣ CaCO_3 to be taken with meal for better absorption and reduce gastric irritation
- ▣ Calcium Citrate to be taken before meals for better absorption. Recommended for patients taking stomach acid suppressants.