

# Thyroid and Calcium

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

# How To Take

- ▣ dosage greater than 500mg per day, should be in divided doses
- ▣  $\text{CaCO}_3$  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.