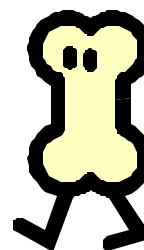


CALCIUM FACT SHEET

Why does the body need calcium?

Calcium helps:

- *to make bones and teeth strong (and keep them strong and healthy)
- *to protect the brain, heart, and lungs
- *to maintain the function of muscles and nerves
- *to team up with muscles to help you move
- *to clot the blood



What happens to calcium in the body?

There is more calcium in your body than any other mineral. About 99% of calcium in the body is found in bones and teeth; calcium is also found in the blood and inside of cells.

People often think that once calcium is deposited in bones it stays there forever. This is really not true. There is always a flow of calcium to and from the bone. This flow of calcium in and out of the bones helps to regulate the amount of calcium present in the blood. The body carefully regulates blood levels of calcium because too much or too little calcium in the blood would not allow muscles and nerves to function properly.

Bones are huge reservoirs (or storage pools) of calcium. Bone calcium can leave bones whenever the body needs more, and when not enough calcium is supplied in the diet. If there is not enough calcium in the diet over a long period of time, the bones will become fragile. It is very important to take in enough calcium throughout the lifetime: first, to help bones grow hard and strong, and later, to keep them that way.

How much calcium do you need?

Recommended daily intake based on the Dietary Reference Intakes (DRI) for calcium in milligrams (mg):

	<u>Males</u>	<u>Females</u>
1 – 3 years old	500 mg	500 mg
4 – 8 years old	800 mg	800 mg
9 – 13 years old	1300 mg	1300 mg
14 – 18 years old	1300 mg	1300 mg
19 – 50 years old	1000 mg	1000 mg



How much calcium is in formula?

Phenyl-Free 1 660 mg calcium per 100 gm dry powder
Phenyl-Free 2 730 mg calcium per 100 gm dry powder

Bone facts

Your body has 206 bones. Bones are alive and growing inside of you. Tiny bone building cells are always at work, shaping your skeleton every day.

How can bones be strong enough to carry your weight, yet light enough not to slow you down?

Bones get their amazing strength from calcium, phosphorus, and other minerals. Your skeleton doesn't feel heavy because all of the long bones are *hollow*.



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