



ASPC
The American Society for Preventive Cardiology

NOF and ASPC Joint Position Statement on Calcium and Cardiovascular Disease

The **National Osteoporosis Foundation (NOF)** and the **American Society for Preventive Cardiology (ASPC)** have released a joint position statement on the lack of evidence linking calcium with or without vitamin D supplementation to cardiovascular disease in generally healthy adults.¹



Calcium intake from food and supplements that does not exceed the **2000-2500 mg/d** tolerable upper intake levels (UL), as defined by the National Academy of Medicine, should be considered safe from a cardiovascular standpoint.

Obtaining calcium from **food sources** is preferred.



Supplemental calcium can be safely used to make up any **shortfalls in your diet**.

Discontinuation of supplemental calcium for safety reasons is **not necessary and may be detrimental to bone health** in situations where intake from food is suboptimal.



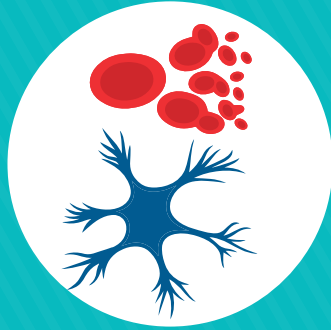
WHY IS CALCIUM IMPORTANT?



Getting enough **calcium** and **vitamin D** is essential to building strong, dense bones when you're young and to keeping them strong and healthy as you age.



About **99 percent** of the calcium in our bodies is in our **bones and teeth**.

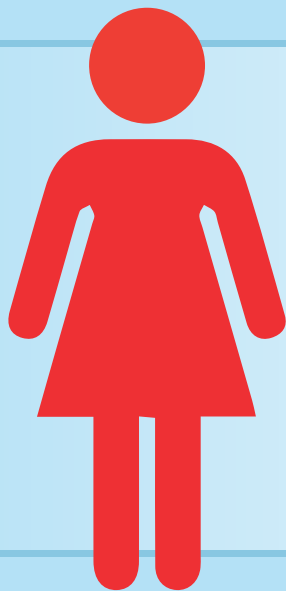


In addition to building bones and keeping them healthy, calcium helps our **blood clot, nerves send messages and muscles contract**.

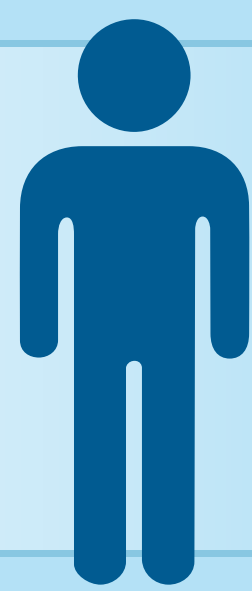
HOW MUCH CALCIUM DO YOU NEED?

Age 51 & older
1,200 mg* daily

Age 71 & older
1,200 mg* daily



The amount of calcium you need every day depends on your **age and sex**.



Age 50 & younger
1,000 mg* daily

Age 70 & younger
1,000 mg* daily

*This includes the total amount of calcium you get from food and supplements.

¹For the NOF and ASPC position statement and evidence report published in the Annals of Internal Medicine, visit NOF's website <http://www.nof.org/news-events/pressmedia-kit>.