

# Calcium In Biological Systems Caltech

## Authors

Jan 13, 2025 · From the time you're born and well into old age, calcium plays a huge role in keeping you healthy. A registered dietitian explains what it does, how much of it you need and how to get it ...

Apr 4, 2026 · Calcium, one of the alkaline earth metals, chemical symbol Ca, atomic number 20, the most abundant metallic element in the human body. May 14, 2024 · Your body needs calcium for many reasons. Learn what foods are high in calcium and how much calcium you need in a healthy diet. Dec 6, 2025 · Calcium is a mineral that's essential for bone health, found in yogurt, milk, spinach, and salmon. Supplements can lower the risk of fractures. Calcium is a chemical element; it has symbol Ca and atomic number 20. As an alkaline earth metal, calcium is a reactive metal that forms a dark oxide-nitride layer

when exposed to air. Its physical and ... Calcium Calcium is a mineral most often associated with healthy bones and teeth, although it also plays an important role in blood clotting, helping muscles to contract, and regulating normal heart rhythms ... Calcium is a mineral that is important for strong bones and a healthy body throughout your life. A healthy diet is the best way to get the calcium you need. But calcium supplements may be an option if you ... Learn more about Calcium uses, effectiveness, possible side effects, interactions, dosage, user ratings and products that contain Calcium. Calcium helps build strong bones. Learn how much you need, good sources, deficiency symptoms, and health effects here. Oct 2, 2025 · People need calcium for bone health and other functions. Find out why people need calcium, which

foods provide it, and what happens if they consume too little.

*Calcium and calcium supplements: Achieving the right balance*

*Calcium - The Nutrition Source*

**Calcium - Uses, Side Effects, and More - WebMD**

**Calcium | Definition, Properties, & Compounds | Britannica**

**Calcium - Wikipedia**

**Calcium: Benefits and How Much You Need - Cleveland Clinic Health ...**

**Calcium: Benefits, Uses, Side Effects, and More - Health**

*Calcium - Consumer - Office of Dietary Supplements (ODS)*

*Calcium: Health benefits, foods, and deficiency - Medical News Today*

**Calcium - MedlinePlus**

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