



NSIPM & Sano Wellness Center

Calcium Balance

Calcium is the **most abundant mineral** in the body. It is essential for nerve impulse conduction playing a vital role in the release of neurotransmitters, which are universal metabolic regulators. Besides maintaining healthy bones and teeth, calcium is critically important in the activation of cellular enzymes and the synthesis of hormones involved in digestion and energy production. It is also important in the regulation of the heart, muscle contraction, and the maintenance of blood pressure and water metabolism. There are many other functions of calcium on which the body depends.

Calcium absorption decreases with age and therefore it is imperative to periodically assess our potential for absorbing calcium.

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