



Osteoporosis Canada

Ostéoporose Canada

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## Calcium and Cardiovascular Disease

The National Osteoporosis Foundation and the American Society for Preventive Cardiology formed an expert panel and completed a detailed review of all published research evaluating the effects of calcium intake from food sources and or supplements with or without vitamin D on the risk of heart attacks, strokes and death.

The results of that review were published in the [Annals of Internal Medicine by Kopecky](#) and colleagues on October 25, 2016. The review confirms that there does not appear to be any harmful or beneficial effects of calcium and or vitamin D on the risk of heart disease or stroke or on the likelihood of death in healthy adults. The expert panel recommended that calcium intake from food and or be not greater than supplements 2000 mg or 2500 mg on a daily basis.

This position taken by the National Osteoporosis Foundation and the American Society for Preventive Cardiology supports the position of Osteoporosis Canada which advises Canadians to take in 1000 mg to 1200 mg of calcium daily from food sources. If this is not possible then Osteoporosis Canada advises that calcium supplements may be used to meet the daily calcium requirements. Osteoporosis Canada recommends discussing the need for additional calcium or vitamin D supplements with your physician as both nutrients are essential for achieving and maintaining optimal bone health.

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