

Calcium and Osteoporosis

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In researching this subject I looked at 267 studies ...

One study said that a group of women had an average calcium absorption rate of 35% and ranged from 17% to 58% but didn't list the sources of that calcium.

Milk calcium is not very well absorbed: 20- 25%.

Calcium from most supplements comes from oyster shells and is not readily absorbed into the body: 5-20% absorption.

Calcium is absorbed from Tums - better absorbed in an acid environment and if Tums are taken with or soon after a meal, the acid in the stomach will help absorption in spite of the antacid effect of the Tums. However, calcium carbonate is less well-absorbed if taken between meals and is also not as well absorbed as chelated forms of calcium such as calcium citrate. By the way, the calcium in plants is naturally chelated.

One study pointed out that the increased calcium excretion caused by too much sodium and protein can be reversed by eating fruits and vegetables. Plants provide the magnesium we need to get the calcium into the bone, boron to keep it there, etc. We need this synergy of action from all the ingredients of fruits and vegetables working together.

The rate of calcium absorption from foods is: Kohlrabi - 67%, Brussels sprouts - 63.8%, Kale - 58.8%, Mustard greens - 57.8%, Broccoli - 52.6%, Calcium-fortified Orange juice - 37%, and Soymilk - 31%.

As I see it, our main goal in osteoporosis prevention is to change the diet and lifestyle factors that cause calcium loss. Then we won't need the large amounts of calcium supplementation. An article in the *International Journal of Medical Research* (Jan-Feb, 1999) said that supplementation of large amounts of calcium is probably useless and by disturbing the calcium/magnesium ratio, may increase formation of kidney stones. The article says that the average woman consumes 500-600mg of calcium per day, so supplementing 400mg per day for pre-menopausal women and 800mg per day for post-menopausal women is plenty.

Four Juice Plus+ Capsules have 400-500 mg of calcium, which we would expect to be better absorbed than the original fruits and vegetables themselves - based on the *Current Therapeutic Research* Juice Plus+ bioavailability study. One serving of Juice Plus+ Complete provides another 500 mg of highly bioavailable calcium. The addition of inulin and/or fructooligosaccharides increases calcium absorption. So as well as promoting a healthy intestinal system, having those ingredients in the JP+ Complete should enhance absorption of calcium from the soy.

This combination of Juice Plus+ capsules and Complete provides the extra calcium we need in a bioavailable form, AND all the other health benefits from eating 20 different fruits, vegetables and grains every single day.