

How much calcium is needed each day?

The Institute of Medicine's recommended daily allowance (RDA) for calcium from food and supplements*:

- Ages 9-18 years, 1,300 mg
- Ages 19-50 years, 1,000 mg
- Ages 70+ years, 1200 mg
- Men 51-70 years, 1000 mg
- Women 51-70 years, 1200 mg

*To increase absorption from calcium supplements, take no more than 600 mg at a time. Follow your doctor's advice for calcium supplements.

