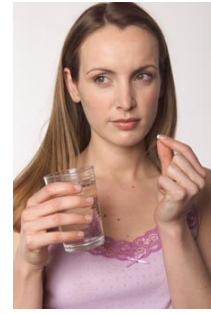


# WHAT'S THIS ABOUT LEAD IN CALCIUM SUPPLEMENTS?



The September 20 issue of the Journal of the American Medical Association (JAMA) published a research study that examined the lead content of a number of over the counter calcium supplements. They tested 22 calcium supplements and found that 8 of the supplements had detectable levels of lead. The following supplements had traces of lead:

"Natural Oyster Shell Calcium with Vitamin D (by Spring Valley)

"Oyster Shell Calcium 500 mg (by Nature Made)

"Oscal 500 (by Oscal)

"Hi-Calcium from Oyster Shell (Eckerd)

"Caltrate 600 (by Caltrate)

"Calcium 600 mg (by Eckerd)

"Liqui-Cal Calcium 600 softgel (by Advanced Nutritional Technology)

"Calci-mix (by R and D Laboratories)

Lead can cause anemia, hypertension, and brain and kidney damage and in children it can cause permanent cognitive impairment and problems with behavior. Because of these serious health consequences, laws were enacted in the 1970s to require lead-free gas and paints. Since then there has been an 80% decline in blood lead levels in the U.S. and a dramatic decrease in lead toxicity, especially in children.

The finding reported in JAMA is disturbing because many people rely on calcium supplements - in addition to whole foods - to meet the Dietary Reference Intake (DRI) for calcium. We know that calcium is essential for healthy bones and we assume that our calcium supplement is safe and beneficial to our health. Not all products are equal and the same holds true for calcium supplements. I choose to take **Citracal calcium and vitamin D supplements, a brand that does not contain detectable amounts of lead.** It is important for your bones to make sure that you get enough calcium and vitamin D in your diet and calcium supplements can help to insure the proper amount. Be sure to consult with your doctor on any supplement you are considering, take only recommended daily allowances and recognize that supplements are only part of an overall approach to whole body fitness and health.

## Sources:

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