

4 Health Benefits of Calcium

Calcium is an essential nutrient for the growth and functioning of the human body. It is a mineral present in dairy products, bananas, green leafy vegetables, fortified foods, and is also available in supplements.

Calcium has four major benefits:

1. Growth of bones and teeth

99% of human body's calcium is in bones and teeth. Human bones grow till the age of 25 to 30 years and then slowly decrease growing by age. Calcium plays a key role in the growth of strong bones. So people during their young age need enough amount of calcium to increase the bone mass and decrease the bone loss at later ages. In addition, calcium also helps in the formation and growth of teeth.

2. Muscle contraction and blood flow

Calcium helps protein in regulating muscles contraction during body movements. In addition, when blood flows in vessels, calcium helps vessels to contract and relax. It also assists in cardiovascular function of blood clotting.

3. Helps in messaging nerves

Calcium also plays a role in massaging nerves situated between the brain and body.

4. Helps in releasing hormones and enzymes

Calcium assists in releasing hormones and enzymes that help the body function.

To have these benefits for the human body, having enough amount of calcium in the body is important.