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Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Calcium

Our bodies contain a staggering 1200 g of calcium. Only 1% of this calcium is in the body fluids (the extracellular fluid, the blood, and the cellular fluid).

The calcium in the blood is important for a number of functions, including blood clotting, transmission of nerve impulses, muscle contraction, stability of cell membranes, and cell metabolism.

The remaining 99% of the calcium in the body is contained in the bones in the compound **hydroxyapatite**, $\text{Ca}_{10}(\text{PO}_4)_6(\text{OH})_2$. This mineral provides the structural integrity of the skeleton.