
Optimal Calcium intake

Calcium intake of up to 2000 mg/day appears to be safe for most individuals. Below is a list of the recommended requirements for calcium (**Optimal Calcium Intake**) in comparison to U.S. **Recommended Dietary Allowances**

<i>Age</i>	<i>RDA mg/day</i>	<i>OCI mg/day</i>
<i>Less than 6 months</i>		400
<i>6-12 months</i>		600
<i>1-5 years</i>		800
<i>6-10 years</i>	800	800 – 1200
<i>11-24</i>		1200 - 1500
<i>Men 25-65 years</i>	800	1000
<i>Men over 65 years</i>		1500
<i>Women 25 – 50</i>		1000
<i>Women Pregnancy or breast feeding</i>	1200	1200 – 1500
<i>Women over 50 on estrogen</i>		1000
<i>Women over 50 Not on estrogen</i>		1500
<i>Women over 65</i>		1500