

Osteoporosis New Zealand Position Statement

The use of calcium supplements

Osteoporosis New Zealand endorses an adequate calcium intake throughout life. This should be achieved through a calcium rich diet, rather than supplements.

The recommended calcium intake in adults is approximately 1 gram per day. To calculate your calcium intake use the calcium calculator on our website.

There are people with particular medical conditions or diets who will still need calcium supplements to achieve the recommended daily intake.

Individuals with known vascular disease and those over 70 years of age should consult their doctor before taking calcium in supplement form. Self-administration is not appropriate.

Ideally, supplements should be taken with food, preferably with the evening meal.