

REPORT FROM OSTEOPOROSIS INTERNATIONAL¹

Multi-Year Calcium Supplement Studies on Bone Density in Postmenopausal Women (750 mg or more of calcium daily)

AUTHOR	CALCIUM TYPE	CALCIUM PER DAY	NUMBER OF PEOPLE	AVERAGE AGE	STUDY LENGTH IN YEARS	BONE MEASURED	BONE DENSITY % CHANGE PER YEAR vs. BASELINE	% CHANGE PER YEAR vs. CONTROLS
Fujita '04	AAACa (AdvaCAL)	900 mg	38	83	2	Spine	1.5	3.3
Fujita '97²	AAACa (AdvaCAL)	900 mg	47	63	3	Spine	1.5	2.67
Smith '81	Carbonate	750 mg	43	82	3	Mid-Radius	0.4	1.2
Ettinger '87	Carbonate	1000 mg	47	57	2	Metacarpal Dist. Radius Spine QCT	-0.4 -0.45 -5.25	0.15 0.6 -0.8
Hansson '87	Carbonate	1000 mg	50	66	3	Spine	-0.13	0.87
Riis '87	Carbonate	2000 mg	25	50	2	Prox Radius Dist. Radius Tot. Body Spine	-1.9 -3.2 -2.6 -1.6	1.8 0.4 1.4 -0.84
Smith '89	Carbonate	1500 mg	82	55	4	Mid-Radius Mid-Ulna Mid-humerus	-1.2 -0.83 -1.1	0.7 0.77 1.2
Chevalley '94	Carbonate	800 mg	80	72	1.5	Fem. Shaft Fem. Neck Spine	0.4 0.4 1.2	1.2 1.5 0.2
Aloia '94	Carbonate	1200 mg	70	52	3	Tot. Body Spine Dist. Radius Fem. Neck Ward's Trochanter	-0.5 -1.4 0 -0.01 -0.02 -0.01	1.5 0.7 0 0.01 0 0
Recker '96	Carbonate	1200 mg	99	72	4	Mid-Forearm	0	0.39
Recker '96	Carbonate	1200 mg	92	75	4	Mid-Forearm	0.31	1.55
Storm '98	Carbonate	1000 mg	40	71	2	Spine Trochanter	0.18 0.3	-0.12 1.8
Fujita '04	Carbonate	900 mg	38	83	2	Spine	0.3	2.1
Prince '06	Carbonate	1200 mg	713	75	4	Fem Neck	-0.4	0.15
Zhu '08	Carbonate	1200 mg	81	74	5	Tot. Hip	-0.28	0.2
Horsman '77	Gluconate	800 mg	42	50	2	Metacarpal Dist. Ulna Dist. Radius	-0.34 -0.52 -0.04	0.58 3.0 1.5
Elders '94	Gluconate	1000 mg	151	50	3	Spine Metacarpal	-1.2 -0.6	0.3 0.2
Elders '94	Gluconate	2000 mg	149	50	3	Spine Metacarpal	-1.1 -0.3	0.4 0.5
Hansson '87	Gluconate	1000 mg	50	66	3	Spine	-0.13	0.87
Prince '91	Gluconate	1000 mg	102	57	2	Dist. Radius Mid-radius Prox. Radius	-0.25 -0.65 -0.75	1.05 0.55 0.25
Prince '95	Lactate Gluconate	1000 mg	84	63	2	Trochanter Intertrochantr Fem. Neck Ankle	0.24 0.07 -0.18 -1.65	0.82 0.88 0.49 0.82
Reid '95	Lactate Gluconate	1000 mg	78	58	4	Tot. Body Fem. Neck Ward's Trochanter Spine	-0.63 -0.28 -0.19 0.37 0.16	0.28 0.29 0.33 0.78 0.49
Riggs '98	Citrate	1600 mg	177	66	4	Spine Hip Tot. Body	0.57 0.1 0.28	0.11 0.2 0.28
Reid '06	Citrate	1000 mg	474	74	5	Spine Tot. Body Hip	0.31 -0.33 -0.26	0.43 0.55 0.34
Strause '94	Citrate Malate	1000 mg	31	65	2	Spine	-0.63	1.2

1. Data Excerpted from Nordin B.E.C. "The Effect of Calcium Supplementation on Bone Loss in 32 Controlled Trials in Postmenopausal Women" Osteoporosis International, (2009) 20:2135-2143.

2. Additional AdvaCAL published study provided for reference (93% women, 7% men)