

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 '97 ²	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								0.15
								0.6
								-0.8
Hansson '87								0.87
Rilis '87								1.8
								0.4
								1.4
								-0.84
Smith '89								0.7
								0.77
						Mid-humerus	-1.1	1.2
Chevalley '94	Carbonate	800 mg	80	72	1.5	Fem. Shaft	0.4	1.2
						Fem. Neck	0.4	1.5
						Spine	1.2	0.2
Aloia '94	Carbonate	1200 mg	70	52	3	Tot. Body	-0.5	1.5
						Spine	-1.4	0.7
						Dist. Radius	0	0
						Fem. Neck	-0.01	0.01
						Ward's	-0.02	0
						Trochanter	-0.01	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	0.18	-0.12
						Trochanter	0.3	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	-0.34	0.58
						Dist. Ulna	-0.52	3.0
						Dist. Radius	-0.04	1.5
Elders '94	Gluconate	1000 mg	151	50	3	Spine	-1.2	0.3
						Metacarpal	-0.6	0.2
Elders '94	Gluconate	2000 mg	149	50	3	Spine	-1.1	0.4
						Metacarpal	-0.3	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	-0.25	1.05
						Mid-radius	-0.65	0.55
						Prox. Radius	-0.75	0.25
Prince '95	Lactate Gluconate	1000 mg	84	63	2	Trochanter	0.24	0.82
						Intertrochanter	0.07	0.88
						Fem. Neck	-0.18	0.49
						Ankle	-1.65	0.82
Reid '95	Lactate Gluconate	1000 mg	78	58	4	Tot. Body	-0.63	0.28
						Fem. Neck	-0.28	0.29
						Ward's	-0.19	0.33
						Trochanter	0.37	0.78
						Spine	0.16	0.49
Riggs '98	Citrate	1600 mg	177	66	4	Spine	0.57	0.11
						Hip	0.1	0.2
						Tot. Body	0.28	0.28
Reid '06	Citrate	1000 mg	474	74	5	Spine	0.31	0.43
						Tot. Body	-0.33	0.55
						Hip	-0.26	0.34
Strause '94	Citrate Malate	1000 mg	31	65	2	Spine	-0.63	1.2

No Hydroxyapatite calcium research included among the 32 studies

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)