



Calcium Supplements Can Cause Heart Attacks

By Amanda Just
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Calcium supplements are thought to be good for the bones, but a new study warns they might be bad for the heart.

A [report released Friday](#) in the journal *Heart* found an alarming result: taking a calcium supplement to prevent bone loss puts people at a significantly greater risk for heart attacks. The 24,000 participants in the study, all between the ages of 35 and 64 and taking calcium supplements regularly, were found to be a whopping 86 percent more likely to have a heart attack than those who did not take supplements.

According to the study, "Calcium supplements have been widely embraced by doctors and the public on the grounds that they are a natural and therefore safe way of preventing osteoporotic fractures. We should return to seeing calcium as an important component of a balanced diet."

[Dr. Matt Lederman](#), featured in *Forks Over Knives*, advises, "There are often unintended consequences when taking nutrients in isolation. The research to date shows that the amount of calcium found in a whole-food plant-based diet is adequate – and that more isn't necessarily better."

The authors of the study noted that excessive calcium, a common side effect of taking calcium supplements, is where the harm may begin.

Says Lederman, "For good bone health, the most important factors are eating a healthy [plant-based diet](#), getting an adequate amount of sunshine, and doing strength-oriented exercise."