



# Getting Enough Calcium?

**Are you getting the current recommended daily allowance for strong teeth and bones?**

- ✓ **1-3 years: 700 mg**
- ✓ **4-8 years: 1,000 mg**
- ✓ **9-18 years: 1,300 mg**
- ✓ **19-50 years: 1,000 mg**
- ✓ **51-70 years: 1,000 mg (men) / 1,200 mg (women)**



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