

Calcium Carbonate Effect in Body

Rakesh Coudari*

Department of Drugs, Kakatiya University, India

Perspective

Received date: 06/07/2021

Accepted date: 20/07/2021

Published date: 27/07/2021

*For Correspondence

Rakesh Coudari, Department of Drugs,
Kakatiya University, India

E-mail: Coudarirakesh24@gmail.com

INTRODUCTION

Calcium is a mineral that can be found in food. Calcium is required for a variety of bodily activities, including bone production and maintenance. Calcium carbonate is a supplement that is used to prevent or cure calcium insufficiency. Calcium carbonate comes in a variety of brands and forms. This leaflet does not provide a complete list of brands. Calcium carbonate can also be used for things that aren't on the list. For use in coatings, calcium carbonate is extracted from limestone and processed to a fine powder. Precipitated calcium carbonate with a smaller particle size distribution is also available, making it more suitable for highly smooth/high gloss compositions.

Calcium carbonate can also be used for things that aren't on the list. The active ingredient in agricultural lime is calcium carbonate, which is formed when calcium is combined with carbon dioxide ^[1]. For use in coatings, calcium carbonate is extracted from limestone and processed to a fine powder. Precipitated calcium carbonate with a smaller particle size distribution is also available, making it more suitable for highly smooth/high gloss compositions. In terms of environmental impact, it is widely accepted that, while not exactly renewable, limonite resources are numerous. Under typical conditions, the thermodynamically stable form of CaCO_3 is hexagonal -CaCO_3 (the mineral calcite) ^[2]. Calcium carbonate is a medicine that is used to prevent or cure low blood calcium levels in persons who do not consume enough calcium through their diet. It may be used to treat bone loss (osteoporosis), weak bones (osteomalacia/rickets), decreased parathyroid gland function (hypoparathyroidism), and a particular muscle ailment caused by low calcium levels (latent tetany). It could also be. Tums, Tums Chewy Delights, Tums Extra, Tums Freshers, Tums Kids, Tums Regular, Tums Smoothies, and Tums Ultra or Children's Pepto are some of the brand names for calcium carbonate. The chemical compound calcium carbonate has the formula CaCO_3 . It is the principal component of eggshells, snail shells, seashells, and pearls and is found in rocks as the minerals calcite and aragonite (most famously as limestone, which is a form of sedimentary rock consisting primarily of calcite). The structure of vaterite is still a mystery ^[3]. Eggs hells, snail shells, and the majority of seashells are mostly calcium carbonate and can be exploited as industrial calcium carbonate sources. Oyster shells have recently gained popularity as a dietary calcium source, but they are also a suitable industrial source. Dark green veggies like broccoli and kale have a lot of calcium carbonate in them, but they're not very good for you.

The impact calcium has on weight control is to some degree conflicting also. A few investigations have shown a relationship between higher calcium admissions and lower body weight. A few investigations even show that consumes less calories wealthy in low-fat calcium (when all out calories are limited) may diminish the danger of heftiness and increment weight reduction in stout individuals. In case you are thinking about adding more dairy to your eating routine, remember that entire fat dairy can be wealthy in calories and soaked fat. Adding more dairy without cutting calories could cause weight acquire.

REFERENCES

1. Parulska DI. Determination of ^{210}Po in calcium supplements and the possible related dose assessment to the consumers. *J Environ Radioactivity*. 2015; 150: 121–125.
2. Ropp RC. *Encyclopedia of the Alkaline Earth Compounds*. Elsevier. 2014; pp. 359–370.
3. Raffaella D, et al. The Multiple Structures of Vaterite. *Crystal Growth & Design*. 2013; 13 (6):2247–2251.