Study Guide for Calcium and Magnesium

PHAR 421

9.1 Calcium overview

9.1.1 osteoclasts vs. osteoblasts

9.1.2 Metabolic bone disorders

9.1.3 Bone stores and peak bone mass, control of plasma calcium

Figure 9.3

9.1.4 Factors affecting the bioavailability of Calcium

Figure 9.5

9.1.5 dietary sources of calcium, calcium supplementation

Special topics (from lecturer)

Weight training and bone mass

Loss of Bone mass and age

9.2 Magnesium

9.2.1 distribution and function

9.2.2 metabolism

9.2.3 sources of magnesium

9.2.4 Table 9.3 and Table 9.4

9.2.5 excess magnesium