

## NUTRITION NUGGET #21

### Are egg shells safe to eat?

### What are their benefits?



**Answer: Clinical and experimental studies have shown that eggshell powder has positive effects on bone and cartilage and that it is suitable in the prevention and treatment of osteoporosis.**

### Facts:

- Egg shells have calcium and other trace elements. Egg shells are the best source of calcium since 90% of it is absorbable.
- People with joint pain or stiffness, or osteoporosis, and post menopausal women benefit the most from supplementing their diet with calcium from egg shells.
- One medium size egg yields 1 teaspoon of powder with 750-800mg of calcium. Women with osteoporosis are recommended to take 400mg of calcium daily to on top calcium eaten in foods (which would be 1/2 teaspoon of egg shell powder).
- **Egg shell powder should be taken with added magnesium, zinc, strontium, Vitamin D3, K1 and K2 to be well used by the body.**
- **Before taking calcium supplements please tell your doctor:** if you have any allergies, if you are taking some medications, if you have with kidney disease, kidney stones, little or no stomach acid, pancreatic disease, or difficulty absorbing nutrition from food.
- **Buy egg shell powder instead of making egg shell powder at home, to avoid risk of salmonella, to avoid chipping teeth, or prevent getting lesions cuts in intestines if egg shell is not made into a fine powder.**
- NOTE: Weight bearing exercise and eating foods with calcium such as dairy, broccoli, sardines, and calcium fortified foods such as cereals and juices may provide enough calcium for you.

**Apply: What foods with calcium do you recommend eating to lessen use of supplements?**

**References:** <http://www.pjbs.org/ijps/fin2058.pdf>; <http://www.ncbi.nlm.nih.gov/pubmed/15018022>; <http://www.botanical-online.com/cascaradehuevopropiedades.htm>. Images: <http://rawandnaturalhealth.com/can-eating-crushed-egg-shells-improve-health/>; [http://www.amazon.com/Membrell-BONEhealth-120-Capsules-Bottle/dp/B00267SAWA/ref=sr\\_1\\_2?ie=UTF8&qid=1413317743&sr=8-2&keywords=eggshell+calcium](http://www.amazon.com/Membrell-BONEhealth-120-Capsules-Bottle/dp/B00267SAWA/ref=sr_1_2?ie=UTF8&qid=1413317743&sr=8-2&keywords=eggshell+calcium). Accessed: 10-14-14.