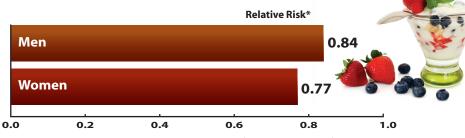
## **Calcium May Help Prevent Cancer**

A recent study suggests high calcium intake may exert a protective effect against cancers of the gastrointestinal tract, particularly colorectal cancer:



\*Highest quintile vs. lowest quintile (1.00 reference value) of total calcium intake.

SOURCE: Park Y, Leitzmann MF, Subar AF, et al. Dairy food, calcium and risk of cancer in the NIH-AARP Diet and Health Study. Archives of Internal Medicine. 2009:169(4):391-401.