

**ABSTRACT**  
***(LITERATURE REVIEW)***

**THE EFFECT OF VITAMIN D AND CALCIUM INTAKE ON BONE  
DENSITY**

**Pudjiastuti Kisirianti**

Bone density disorders are a public health problem that is currently a concern for all millions of people in the world. The decrease in bone mass causes the bones to become more brittle, resulting in osteoporosis (bone loss). Vitamin D plays an important role in the body to keep bones strong and healthy by helping the body absorb calcium and phosphorus, which are minerals for healthy bones. The purpose of this study was to review the effect of vitamin D and calcium intake on bone density. The design of this research is a literature review. The databases used include Google Scholar. The sample in this study is four articles that have been selected according to the title and discussion. The research method used is traditional literature review. The results of the 4 journal articles that have been presented can then be summarized that bone density at each age is very important and also affects the intake of calcium and vitamin D for the prevention of osteoporosis and fractures (broken bones). Consumption of calcium and vitamin D has been shown to improve bone density and also significantly reduce bone density. The conclusion of this study is that bone density at each age is very important and also affects the intake of calcium and vitamin D for the prevention of osteoporosis and fractures (fractures). Suggestions for the need for further research by advising the public for the importance of maintaining bone health by providing adequate nutritional intake of calcium and vitamin d to maintain good bone density and eating foods high in vitamin d and consuming a lot of calcium.

**Keywords:** Bone Density, Vitamin D, Calcium, Osteoporosis.