Based on a two-part research study by Kristin Fulgoni, Victor Fulgoni, and Taylor Wallace.

WHAT IS PHOSPHORUS + HOW DOES IT AFFECT THE BODY?

Phosphorus is an essential mineral, naturally present in many foods. The human body uses phosphorus to build strong bones and teeth, maintain a normal pH balance, deliver oxygen to tissues, convert food into energy, maintain proper muscle function, and much more.


Source:
Fulgoni, K.; Fulgoni, V.L., III; Wallace, T.C. Association of Total, Added, and Natural Phosphorus Intakes with Biomarkers of Health Status and Mortality in Healthy Adults in the United States. Nutrients 2022, 14, 1738. https://doi.org/10.3390/nu14091738

TRENDS IN TOTAL, ADDED, AND NATURAL PHOSPHORUS INTAKE IN ADULT AMERICANS

The average total phosphorus intake in adult Americans is about 1,400 milligrams per day, which is below the tolerable upper limit level of 4,000 milligrams per day. Phosphorus. (2022, March 2). The Nutrition Source - Harvard T.H. Chan School of Public Health.

HOW DOES PHOSPHORUS INTAKE CORRELATE WITH HEALTH AND PHYSIOLOGY?

In most cases, phosphorus intake was associated with only small percentage changes in biomarkers. However, for every 100 milligrams of added phosphorus consumed, there is a 3% increased risk of lowering HDL-cholesterol levels. Foods high in added phosphorus and refined carbohydrates, like cakes or rolls, are traditionally associated with lower HDL-cholesterol (or “good” cholesterol) levels. Higher total phosphorus intake is associated with a decreased risk of high blood pressure by 3%.