



Eggshells are approximately 95% Calcium Carbonate; the balance is mostly Magnesium, Phosphorus, and some micro-elements/trace minerals. Each teaspoon of ground Eggshell contains 1900mg of Calcium and about 800mgs of *elemental* Calcium [*meaning the amount actually absorbed*]. **Calcium Carbonate is essentially an antacid. It reduces stomach acid.** The very high acidity in the carnivore's gut is what allows them to eat and digest raw proteins without ill effects. **Therefore, we are only comfortable with adding ground eggshell as a Calcium source to those occasional home-cooked meat meals or cooked eggs.**

To prepare Eggshell for Calcium supplementation:

- Wash the outer shell and gently rinse the inner shell.
Don't remove the membrane inside the egg shell because it is very beneficial to joint health. There is an expensive, patented joint and bone health supplement on the market today that is exactly this: the inner membrane of the eggshell
- Set eggshells on a paper towel to dry
- If the shell has a dye stamp on it, remove this small piece of shell
- Place the eggshells on a cookie sheet and bake at 200°F for 2 to 3 minutes
(Salmonella bacteria are killed at temperatures above 160°F)
- Remove from oven and place egg shells in a *clean* coffee grinder
(It's best to have a separate one just for this purpose)
- Grind shells into a fine powder
- Place ground shells in a glass food container and store in cool dry place or refrigerate