

Nutrition & Hypoparathyroidism

PHOSPHATE

Whats is the connection between hypoparathyroidism and hyperphosphatemia ?

Phosphate is an essential mineral for your body to function properly. Most of it is stored in your bones and teeth, but it also plays a key role in your cells, helping with energy production, DNA, and cell membranes. Phosphate comes from your diet and is mainly cleared from your body by your kidneys, under the control of parathyroid hormone (PTH).

In hypoparathyroidism, characterized by absent or insufficient PTH activity, phosphate elimination by the kidneys is impaired, **leading to elevated blood phosphate levels.**

Chronic kidney disease and **taking active vitamin D supplements** (like alfacalcidol or calcitriol) can also raise phosphate levels.

This buildup of phosphate in the blood is called hyperphosphatemia. The effects of this condition aren't yet fully understood.

Not all patients with hypoparathyroidism have elevated phosphate levels in their blood.

If hyperphosphatemia occurs, it is important to avoid excessive phosphate intake in the diet.

Where is phosphate found ?

Naturally phosphate rich-foods:

Dairy products, meats, poultry and fish, legumes, whole grains and seeds, nuts and oilseeds

Phosphate additives found in ultra-processed foods (UPFs):

Commonly used additives include: E338, E339, E340, E341, E343, E450, E451, E452

If you have hyperphosphatemia, it is advisable to limit UPFs:

Here is a tool that lists phosphate additives found in foods:

[CLICK HERE](#)

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hypoparathyroidism on our
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