ARIZONA CENTER FOR
Integrative Medicine
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THE UNIVERSITY OF ARIZONA

Magnesium

WHAT IS IT?

Magnesium is a mineral that is necessary for many reactions in the human body. The adult skeleton is the primary storage depot for magnesium, holding over 60% of the body's magnesium resources.

Magnesium is vital to the metabolism of carbohydrates and fats for energy, the synthesis of nucleotides and DNA, cell signaling, and reactions involving a number of the body's antioxidant defense systems. Magnesium plays a vital role in the conduction of nerve impulses, muscle contraction, and normal heart rhythm. Magnesium is a vital structural component of cells, chromosomes, and bones.

WHY SHOULD I CONSIDER TAKING THIS?

While severe magnesium deficiency is relatively rare, growing evidence suggests that chronic mild magnesium deficiency is relatively common and may factor into many health conditions, including diabetes/prediabetes, hypertension, headaches, depression, and osteoporosis. Also, age, GI disorders, diabetes, alcoholism and stress can increase the risk of magnesium deficiency.

Your health care provider may recommend magnesium if you have any of the following:

- ❑ Migraine headaches
- ❑ Menstrual cramps
- ❑ Diabetes or Prediabetes
- ❑ Heart disease
- ❑ High blood pressure
- ❑ Osteoporosis
- ❑ Depression or Anxiety

HOW DO I TAKE IT?

Magnesium glycinate is the supplemental form considered easiest on the digestive system, but magnesium citrate works well for most people and tends to be less expensive. Excess magnesium supplementation can cause diarrhea—a side effect that may be used therapeutically as a laxative.

DOSE: US Recommended Daily Allowances are 80-240 mg for children and 360-420 mg for adults. However, your health care provider may recommend doses as high as 800 mg per day depending upon your particular health concern.

When trying to increase magnesium in your diet, focus on eating green leafy vegetables, nuts, legumes and whole grains.

CONCERNS?

You should not exceed the recommended daily allowance for magnesium if you have kidney failure.

Make sure to ask your health care provider exactly how, when, and for how long you should take this product.

My Health Care Provider's Notes:

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