

Why is Magnesium so Important?

Magnesium is a mineral essential for energy, metabolism of protein, carbohydrate and fat, regulation of parathyroid hormone, and at least 360 enzymes in the human body.

Deficiency of magnesium:

Low levels of magnesium can result in

- Insulin resistance
- Fatigue
- Stress, anxiety, panic disorder, dementia, epilepsy
- Pre-menstrual syndrome, infertility for both male and female, Pre-eclampsia, leg cramps in pregnancy, pre-term delivery,
- Hypertension, vasospasm, myocardial infarction, elevated blood lipids, thrombosis, arrhythmia, angina, mitral valve prolapse, coronary heart disease
- Muscle cramping and spasm
- Tension headaches and migraines
- Fibromyalgia
- Chronic Fatigue Syndrome
- Toxic metal build-up
- Osteoporosis
- Decreased physical performance in athletes

Magnesium intake was shown by the CSIRO to be below the RDI for 50% all males tested, and 39% of all females.

Guess what? When you are stressed, you lose magnesium in your urine!

It's true! When stress hormones are released into the blood, the kidney's excrete more magnesium.

Dietary Sources of magnesium:

Green leafy vegetables, grains, nuts especially almonds, legumes, chocolate.

Supplemental Magnesium

Organic forms of magnesium (gluconate, citrate, lactate, aspartate), give much greater absorption levels than inorganic forms (magnesium oxide, chloride, carbonate, acetate). So good brands of magnesium give noticeably better results.

Metagenics	Fibroplex Plus
Pharma Foods	Mag Forte
Orthoplex -	Magnesium