

MAGNESIUM

WHAT IS MAGNESIUM?



- Magnesium is also known as magnesium carbonate, magnesium citrate, magnesium hydroxide, magnesium oxide, and magnesium sulfate.
- Magnesium is essential to humans, meaning our body does not produce it.
- In the United States, many people's diets provide less than the recommended amounts of magnesium.
- Magnesium is found in foods such as dark green leafy vegetables (spinach), fruits (bananas and avocados), and nuts (almonds and cashews).
- Magnesium is also found in antacids and laxatives.
- Magnesium is important for over 300 functions in the body. In addition, it is needed for nerve and muscle activity (for normal muscle contraction) and it controls the heart's muscle and electrical activity (to maintain a normal heart rhythm).
- Magnesium also helps with bone and tooth enamel. It's needed to produce energy from the breakdown of protein, carbohydrates, and fats. It also helps make protein and DNA.

WHY IS MAGNESIUM IMPORTANT?

- Magnesium helps to support a healthy immune system and helps adjust blood glucose levels and regulate blood pressure.
- Magnesium supplementation has been found to slightly lower blood pressure and the risk of cardiovascular disease.
- Research has found that diets that have higher amounts of magnesium have a significantly lower risk of type 2 diabetes.
- Studies have shown a positive association with magnesium intake and bone mineral density (which is important for strong bones).
- The American Academy of Neurology and the American Headache Society stated that magnesium therapy is "probably effective" for migraine prevention.
- Some possible additional benefits from magnesium are:
 - help with anxiety and depression
 - induce sleep in people with insomnia
 - relieve premenstrual syndrome (PMS)
 - prevent muscle cramps, muscle weakness, and fatigue
 - prevent heart disease
 - prevent hardening of the arteries (arteriosclerosis)
 - prevent high triglyceride levels





ARE YOU AT RISK FOR DEFICIENCY?

You're at risk if you have/are:

- *Gastrointestinal diseases*
- *Type 2 diabetes*
- *Alcohol dependence*
- *Older than 65 years old*
- *Kidney disease*
- *Burns over large areas of the body*
- *Engaging in extreme amounts of physical activity*

HOW MUCH OF MAGNESIUM IS NEEDED?

Age	Male (mg)	Female(mg)	pregnancy (mg)	Lactation(mg)
0-6 months	30	30		
7-12 months	75	75		
1-3 years	80	80		
4-8 years	130	130		
9-13 years	240	240		
14-18 years	410	360	400	360
19-30 years	400	310	350	310
31-50 years	420	320	360	320
51+ years	420	320		

**CONTACT US FOR MORE INFORMATION ON NUTRITIONAL SUPPLEMENTS
AT: GNG@FAIRWAYVENTURESGROUP.COM**

RESOURCES

1. *Office of dietary supplements -Magnesium. (n.d.). Retrieved March 01, 2021, from <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>*
2. *Office of dietary supplements -Magnesium. (n.d.). Retrieved March 01, 2021, from <https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>*
3. *Magnesium in DIET: Medlineplus medical encyclopedia. (n.d.). Retrieved March 01, 2021, from <https://medlineplus.gov/ency/article/002423.htm>*
4. *Magnesium. (n.d.). Retrieved March 01, 2021, from <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=19&contentid=magnesium>*

