

Please Take One!



SUPPLEMENT OF THE MONTH: Magnesium

What is magnesium?

Magnesium is a mineral found in the human body, which is essential to good health. It is needed in more than 300 biochemical reactions in the body and it is involved in keeping bones strong, supporting the immune system, and maintaining muscle and nerve functions. Additionally, magnesium is involved in energy metabolism, protein synthesis, blood sugar regulation, and in promoting normal blood pressure levels.

Where is magnesium found?

Most foods that are high in fiber are also high in magnesium. Magnesium is found in vegetables, such as broccoli, squash and green leafy vegetables like spinach. It is also found in beans, peas, nuts, seeds and unrefined grains. Other sources include dairy products, raisins, bananas, coffee, meats and avocado.

What are the benefits of magnesium?

Magnesium is effective as a laxative for constipation and in treating magnesium deficiency and dyspepsia (heartburn). It has also been shown to relieve PMS, prevent bone loss, prevent type 2 diabetes, decrease cholesterol, improve chronic fatigue syndrome, treat arrhythmias and prevent stroke, prevent bone loss, and lower the risk of developing metabolic syndrome. Some people use magnesium to improve energy and endurance during athletic activity, decrease hypertension, and treat anxiety.

Are there interactions between magnesium and food, herbs or other supplements?

Calcium and zinc decrease the absorption of magnesium, while boron and vitamin D increase the absorption of magnesium.

Are there side effects?

In some people, magnesium may cause an upset stomach, nausea, vomiting, and/or diarrhea.