Magnesium



What does it do?

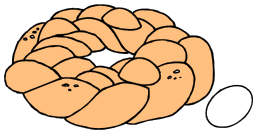
*Acid/Alkaline balance
*Metabolism of carbohydrates, minerals, and sugar
***Immune function**- production of white blood cells (WBC)
***Natural sedative**- improve weakness, tiredness, chronic fatigue, may have a role in preventing heart disease, stroke, atherosclerosis, normal sodium and potassium
*Bone and tooth formation/growth, nerve transmission, muscle function/contraction, *enzyme activation, protein synthesis, enzyme activation (ADP, ATP), glucose utilization*


What are the deficiency symptoms?

*Nervousness, tremors, abnormal nerve function, easily aroused anger
*Disorientation, low magnesium levels in the blood, tremor
*Blood clots, poor growth, convulsions, tetany, hyperirritability, even death
***Easily depleted by**- prescription drugs, alcohol, carbonated drinks, renal disease

What happens with an excess?

***High magnesium levels in the blood**- low blood pressure, respiratory failure, heart rhythm disturbances




Best Food Sources:

*Nuts, leafy green vegetables, whole grain bread and cereal, legumes, meats, chili, *nuts, peanut butter, fish, shellfish, rice, pumpkin seeds, sunflower seeds, tofu, milk,* halibut, wheat germ/bran, almonds, mackerel, spinach, cashew nuts, seafood, *dairy products, cocoa, chocolate, soybeans, dried peas and beans, beet greens*

U.S. RDA (Recommended Daily Allowance):

***RDA's/mg.**- Infant- 40-60, Children- 1-3- 80, 4-6- 120, 7-10- 170, Males- 11-14- 270, 15-18- 400, 19-51+- 350, Females 11-14- 280, 15-18- 300, 19-51+-280, Pregnancy- 320, Lactation- 1st 6 months- 355, Last 6 months- 340
*45 to 50% of meal intake absorbed, beware of excess phytates
***Normal Lab Value**- 1.6 to 2.1 Meq/Liter