

FAST FACTS

Magnesium

Mg

What

Magnesium as a mineral, and electrolyte, is involved in more (300+) biochemical reactions than any other. It plays a crucial role in muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium also supports energy production, bone health, and protein synthesis. Since the body cannot produce magnesium, it must be obtained from dietary sources such as leafy greens, nuts, seeds, and legumes, or through supplementation if needed.

How it works

While magnesium helps with energy, bone health, immune health, and a whole host of other functions, two of its most important functions are acting as relaxant to both the musculoskeletal and central nervous systems.

Imagine your muscle fibres are like sliding doors: contracting (shortening) the muscle is where the sliding doors come together, relaxing (lengthening) when the door is closed. The relaxation portion is magnesium dependant. Not enough magnesium makes for cramps, spasms, and general tension, including high blood pressure (blood vessels are muscles too).

Magnesium is also required for manufacturing your inhibitory (calming) neurotransmitters, meaning just as magnesium can relax the body, it can relax the mind, thereby helping de-stress, and sleep.

The modern world keeps most of us far more stimulated than we would have been in generations past, meaning our need for inhibitory neurotransmitters, and thus, magnesium requirements are much higher.

Food sources

Pumpkin seeds, amaranth grain, Brazil nuts, almonds, spinach, Swiss chard/silver beet, cashews, peanuts, black beans, edamame, hazelnuts, avocado, brown rice.



Pros

- Muscle synthesis and function
- Nerve function
- Neurotransmitter building block
- Blood glucose control
- Blood pressure regulation
- Energy production
- Immune health
- Bone health

Considerations

- Magnesium works synergistically with calcium, potassium, and vitamin D, so balance of all is important
- If dietary intake is insufficient, consider supplementing with magnesium. Please note, the form is important, significantly changing the absorption and effect. For most people, a citrate (avoid if loose stools, but good for energy) or glycinate (helps relax) will suit, but best to ask your healthcare practitioner.
- Consult a healthcare provider before beginning supplementation, particularly if you have pre-existing health conditions or are taking any medications.