

Should I be taking magnesium?

You bet. And this is why...

The body typically contains about 25 grams of magnesium. Magnesium is used to power enzymes, increase RNA/DNA synthesis during cell growth and division and for the normal processing of glucose. Magnesium is an essential mineral that helps keep blood pressure under control, controls heart rate, reduces inflammation, helps with muscle actions, is involved with energy production, and keeps your bones strong.

Sound important? You betcha!

Most people are deficient in this essential nutrient. If you use medication for acid reflux, you are likely low in magnesium.

Foods high in magnesium include green leafy vegetables, nuts, beans, peas, and whole grains.

To be on the safe side, taking a supplement is a great idea. Do not take too much magnesium, up to a maximum of 300 mg a day.

The problem with many magnesium supplements is that they use a cheap and poorly absorbable form of magnesium, and it loosens the stools.

Our supplements contain magnesium lactate, which means they absorb well and have less effect on the bowels.

The next time you are in our office, let's talk about magnesium and if increasing your intake of this important mineral could make a difference to your good health!