

Magnesium!

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WHAT DOES IT DO?

Magnesium is a cofactor for more than 300 enzyme systems in the body including protein synthesis, muscle contractions, nerve function, blood glucose control, blood pressure control, regulating hormones, and regulating calcium stores. It's also important for energy production (ATP synthesis and glycolysis) and nucleic acid synthesis (DNA and RNA).

DEFICIENCY MAY BE FOUND IN PEOPLE WHO...

- Are diabetic or have insulin resistance¹
- Are on a gluten free diet²
- Consume a diet high in processed foods³
- Have chronic diarrhoea or use laxatives
- Have malabsorption or a vitamin D deficiency³
- Are on medications that inhibit absorption (some antibiotics, antacids and hypertensive drugs)³
- Have increased requirements (pregnancy, stress)
- Are alcoholic⁴
- Have kidney disease
- Sweat excessively

CLINICAL SYMPTOMS OF DEFICIENCY

- Muscle cramps and spasms
- Poor sleep and general fatigue
- Headaches and migraines
- Depression⁵
- Nausea
- Loss of appetite
- High blood pressure
- Heart arrhythmia
- Osteoporosis⁶

RECOMMENDED DAILY INTAKE

Men:
400-420mg/day

Women:
310-320mg/day

Common food sources

CASHEWS

90mg per 1/4 cup



BRAZIL NUTS

130mg per 1/4 cup



WHOLEMEAL BREAD

50mg in 2 slices



OATS

60mg per 30g



LEGUMES

120mg per 1 cup, cooked



PUMPKIN SEEDS

180mg per 1/4 cup



QUINOA

60mg per 1/2 cup, cooked



SPINACH

150mg per 1 cup, cooked



SALMON

30mg per 75g



TOFU

50mg per 100g



Useful Resources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4549665/>
2. <https://www.ncbi.nlm.nih.gov/pubmed/23198728>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637834/>
4. <https://www.ncbi.nlm.nih.gov/pubmed/7836619>
5. <https://www.ncbi.nlm.nih.gov/pubmed/23321048>
6. <https://www.ncbi.nlm.nih.gov/pubmed/19828898?dopt=Abstract>

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