

NUTRITION NEWS & NOTES

Dietary Magnesium: What You Should Know

(NAPSA)—When it comes to maintaining your health, a number of studies show that magnesium matters.

Yet the United States Department of Agriculture (USDA) reports that seven out of 10 Americans are below the Recommended Dietary Allowance (RDA) for magnesium (it's suggested that adult males get about 420 milligrams [mgs] and adult females take in about 320 mgs). One reason may be that dietary intake alone is sometimes not high enough to promote an optimal magnesium status.

Why Magnesium Is Important

According to the National Institutes of Health (NIH) Office of Dietary Supplements, there is increased interest in the role magnesium plays in preventing and managing disorders such as hypertension, cardiovascular disease and diabetes.

You can increase your magnesium intake by eating a variety of whole grains, legumes and vegetables (especially dark-green, leafy vegetables) every day. Yet even if you eat the foods that provide a good source of magnesium, certain illnesses or medications may rob your body of this key mineral that it needs to function properly.

Medical Conditions and Medicines Could Cause Mg Depletion

Adults with certain illnesses or chronic conditions may suffer from magnesium depletion, including individuals with certain gastrointestinal conditions or kidney disorders or those with poorly controlled



diabetes, according to the NIH Office of Dietary Supplements.

In addition, individuals who are taking medicines that are associated with magnesium depletion may be at particular risk of developing a deficiency, the NIH reports. Adults at risk of magnesium depletion may include people taking certain diuretics on a continual basis, for example. Certain antibiotics, immunosuppressants, and anti-cancer drugs are some of the other medications that may deplete magnesium.

The NIH also notes that older adults may be at increased risk for magnesium deficiency—and seniors are often more likely to be taking drugs that interact with magnesium.

A magnesium supplement like Slow-Mag Tablets can balance these effects by helping the body maintain normal magnesium levels. With a protective coating, each serving of the supplement (two tablets) provides 128 mg of magnesium and 212 mg of calcium.

For more information on magnesium, visit www.slowmag.com.