

# the truth about MAGNESIUM

by Margy Squires

## What's the Final Answer?



**Magnesium (Mg) is the 4th most abundant mineral in your body and involved in more than 300 enzyme reactions, making Mg required for life.** Without Mg, your muscles, blood vessels and nerves cannot relax. Your heart cannot pump or your body make energy. Yet amazingly, Mg is not even listed on food labels like calcium. Is that why more than 75% of Americans are low? Only lately has Mg's role in the disease process and health being recognized – with about 2000 published studies a year! Can the truth about Mg make you healthier?

**1 What is the adult daily value for Mg?**

- a) 420 mg
- b) 350 mg
- c) 225 mg
- d) 150 mg



**2 The daily value of Mg is easy to get in your diet.**

- a) true
- b) false

**3 Name a common ingredient that blocks Mg.**

- a) water
- b) fluoride
- c) excessive calcium
- d) b & c



**4 Mg oxide is the poorest absorbed form found in most supplements.**

- a) true
- b) false

**5 In a national supplement survey, this Mg was reported most effective for fibromyalgia.**

- a) Fibro-Care™
- b) Magnesium Citrate
- c) Natural Calm
- d) Slow-Mag

**6 What co-factors help Mg transport to cells?**

- a) B1
- b) B6
- c) manganese
- d) all of the above

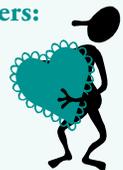


**7 You should always take Mg with calcium.**

- a) true
- b) false

**8 Mg is typically low in these disorders:**

- a) fibromyalgia & ME/CFS
- b) diabetes type 2 & hypertension
- c) heart disease & mortality
- d) all of the above



**9 Common symptoms of low Mg are:**

- a) increased pain & anxiety
- b) low energy & easy fatigue
- c) poor cognition & sleep
- d) all of the above

**10 The best test for checking Mg status is RBC Mg.**

- a) true
- b) false

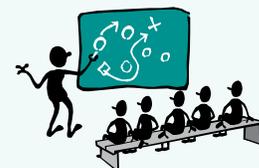


**11 A suggested "normal" value for RBC Mg is:**

- a) 1.8 mg/dL
- b) 2.2 mg/dL
- c) 4.0 mg/dL
- d) 5.0 mg/dL

**12 There are 3,751 "receiving" sites for Mg, confirming that an adequate Mg supply is needed for the human body to function.**

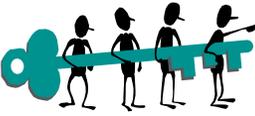
- a) true
- b) false



How did you score? Knowledge maximizes your health score.  
So be aware and be well! *Answers on next page (no peeking!)*

## *the truth about* MAGNESIUM

*continued*



**Answer Key: 1)a.** Institute of Medicine, 1999 (last Mg update). **2)b.** Data from the 1999–2000 National Health and Nutrition Examination Survey suggest a “substantial number fail to get the required Mg amount from their diet” and those who supplemented had “significantly higher” values. **3)d.** Both; calcium blocks cell entry and fluoride binds to Mg, interfering with 300 enzyme actions (if you drink fluoridated water, add **a**, too!) **4)a.** Comparative study by Firoz and Graber 2001. **5)a.** FMS Network 10/10 Issue 91. **6)d.** Many vitamin and minerals are co-enzymes; like co-dependency they need help to react! **7)b.** No but DO take magnesium (and D3) to help absorb calcium and prevent calcification in blood vessels and tissues. **8)d.** A 2012 study in the *BMC Bioinformatics* found 3,751 Mg binding sites on human proteins indicating that “the presence or absence of adequate levels of this basic mineral may ...alter the course of health and disease”. **9)d.** Because Mg is involved in the catalysts of 300 enzymes, low Mg can affect numerous body systems. **10)a.** Your body maintains a constant blood serum level at the expense of cells so checking cell levels alerts to a true Mg deficiency state. **11)d.** the normal range for RBC Mg is 4.0-6.4 mg/dL; however, Dr. Thomas Romano suggests a 5.0 value for his FMS patients to help with energy and pain. **12)a.** See answer to #8.

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