

Cellular Magnesium Testing

An Overview

Magnesium RBC (Mg RBC) measures cellular magnesium levels. It is the test recommended by Thomas Romano, M.D.*, to check magnesium levels within cells and tissues. If the level is low (even low normal), oral magnesium should be taken. If very low, IV drip or intramuscular (push) magnesium is recommended to bring levels up. Magnesium is responsible for over 325 enzyme reactions within a cell, including energy production. When cellular magnesium is low, these necessary chemical reactions—and your health—are adversely affected

More than 70% of Americans are deficient in magnesium—are YOU one of them? You may need EXTRA magnesium if you have any of the following.

Low Magnesium Symptoms

Fatigue, tight muscles, low energy, irritable bowel, poor muscle endurance and/or strength, fuzzy memory and thinking (and this is the short list!).

Low Magnesium Related Disorders

Low magnesium is implicated in alcoholism, arthritis, asthma, cardiac problems, chronic fatigue syndrome, chronic pain, diabetes, fibromyalgia, hearing loss, hypertension, insomnia, kidney stones, low HDL cholesterol levels, migraines, mitral valve prolapse, osteoporosis, PMS and restless leg syndrome.

Why a Magnesium RBC is Necessary

A common magnesium test is done on blood serum or plasma but these parts of the blood do not represent cellular levels. Mg RBC *is the most efficient or practical way to test for cellular magnesium*; therefore, ask for a Mg RBC test.

Your doctor's office can draw the necessary blood and ship it to Quest for processing if a local laboratory does not offer Mg RBC testing. Your doctor needs a Quest client number or account first. You may wish to have the test done even if your insurance company does not pay for it as the cost is low—in Arizona, magnesium RBC is \$85 with an \$11 draw fee.

To Find a Quest Laboratory Near You

Quest Labs performs the test for Dr. Romano. To see if this lab is available in your state as it is a national laboratory, call the general 800 number below.

Quest Labs

In Arizona, the lab is Sonora Quest

1-800-225-7483

602-685-5000 or 602-685-5050.

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