10 Evidence-Based Health Benefits of Magnesium

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**Proven Magnesium Benefits**

Magnesium is the fourth most abundant mineral in the human body.

It plays several important roles in the health of your body and brain.

However, you may not be getting enough of it, even if you eat a healthy diet.

Here are 10 evidence-based health benefits of magnesium.

**1. Magnesium Is Involved in Hundreds of Biochemical Reactions in Your Body**

Magnesium is a mineral found in the earth, sea, plants, animals and humans.

About 60% of the magnesium in your body is found in bone, while the rest is in muscles, soft tissues and fluids, including blood (1).

In fact, every cell in your body contains it and needs it to function.

One of magnesium's main roles is acting as a cofactor or "helper molecule" in the biochemical reactions continuously performed by enzymes.

In fact, it’s involved in more than 600 reactions in your body, including (2):

Energy creation: Helps convert food into energy.

Protein formation: Helps create new proteins from amino acids.

Gene maintenance: Helps create and repair DNA and RNA.

Muscle movements: Is part of the contraction and relaxation of muscles.

Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

**2. It May Boost Exercise Performance**

Magnesium also plays a role in exercise performance.

**3. Magnesium Fights Depression**

Magnesium plays a critical role in brain function and mood, and low levels are linked to an increased risk of depression.

**4. It Has Benefits Against Type 2 Diabetes**

Magnesium also benefits people with type 2 diabetes.

**5. Magnesium Can Lower Blood Pressure**

Studies show that taking magnesium can lower blood pressure .

**6. It Has Anti-Inflammatory Benefits**

Low magnesium intake is linked to chronic inflammation, which is one of the drivers of aging, obesity and chronic disease.

**7. Magnesium Can Help Prevent Migraines**

Migraine headaches are painful and debilitating. Nausea, vomiting and sensitivity to light and noise often occur.

**8. It Reduces Insulin Resistance**

Insulin resistance is one of the leading causes of metabolic syndrome and type 2 diabetes.

**9. Magnesium Improves PMS Symptoms**

**10. Magnesium Is Safe and Widely Available**

Getting enough magnesium is essential for maintaining good health.

Be sure to eat plenty of magnesium-rich foods or take a supplement if you're unable to get enough from your diet alone.

Without enough of this important mineral, your body can't function optimally.



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