



# Magnesium Matters

## Every Body Needs Magnesium



### 7 out of 10 Americans Don't Get Enough<sup>1</sup>

Magnesium is the fourth most abundant mineral in the body and is essential to good health<sup>2</sup>, yet 7 out of 10 Americans don't get enough magnesium from their diets.<sup>1</sup>

A mineral as ancient as the formation of the earth, adequate magnesium levels help maintain proper muscle\* and nerve function\*, maintains a normal heart rhythm\* and is essential for normal energy metabolism.\* Proper Magnesium levels help maintain blood pressure levels already within a normal range\* and is known to play a role in energy metabolism and normal protein synthesis.\*

The medical and nutritional communities have become increasingly interested in the role of magnesium in disorders such as hypertension, cardiovascular disease, and diabetes.

*So how do you calculate your current magnesium level and how do you increase your intake of this critical mineral if it is lacking in your body?*

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**One of the best ways to get the magnesium you need.\***

### Low Magnesium Status Makes Athletes Work Harder

A USDA study by the Agricultural Research Service showed that inadequate magnesium increases the need for oxygen during moderate exercise and increased the heart rate about 10 beats per minute.<sup>6-8</sup>



The study, published in the May 2002 issue of the Journal of Nutrition, showed that athletes such as runners with low magnesium levels in muscle burned energy faster and tired more quickly than those with adequate levels.<sup>7</sup>

"That means that athletes wouldn't be able to work or train as long as they would if they had better magnesium levels," notes physiologist Henry C. Lukaski, one of the study's authors.<sup>6</sup>

In a 2006 update of the study the ARS reported, "Magnesium supplementation or increased dietary intake of magnesium will have beneficial effects on exercise performance by magnesium-deficient individuals."<sup>8</sup>

To find out your magnesium level through diet, go to the **Slow-Mag** Magnesium Calculator.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Simple. We get magnesium from green vegetables such as spinach because the chlorophyll molecule that gives them color contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, unrefined grains are also good sources of magnesium. Go to the **Slow-Mag Magnesium Calculator** to determine your current daily Magnesium consumption.

However, for many people dietary intake alone may not be high enough to promote an optimal magnesium level.

Furthermore, a number of medicines, including some diuretics taken on a continual basis, certain antibiotics, immunosuppressants and anticancer drugs, also deplete magnesium levels.<sup>3</sup> For a complete list of medications that might deplete magnesium levels, visit **Facts About Magnesium and How Common is Magnesium Deficiency**.

If your diet isn't giving you the magnesium your body needs to function at its best, ask your physician or pharmacist about

**SLOW-MAG MAGNESIUM SUPPLEMENT TABLETS®**, a dietary supplement that is enteric-coated to help prevent stomach upset and relies on magnesium chloride to help your body absorb more magnesium compared to magnesium oxide.<sup>2</sup>

## (Fish)Food For Thought

Halibut, yellowfin tuna and haddock are good sources of magnesium.<sup>5,6</sup> To check your magnesium level, use the **SLOW-MAG** calculator found on [www.slow-mag.com](http://www.slow-mag.com).

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Learn more  
about your  
magnesium  
needs and track  
your daily  
intake. Visit our  
Magnesium  
Calculator.

# Magnesium Facts

- **Only 32% of Americans meet the Recommended Dietary Allowance for magnesium according to the US Department of Agriculture.<sup>1</sup>**
- **Magnesium is found in every cell in the body.**
- **Magnesium is essential to the proper biochemical reaction of more than 300 enzymes in the body.<sup>4</sup>**

To take advantage of the **SLOW-MAG®** rebate, click the Rebate button of the **SLOW-MAG®** Homepage and save.

One of the best ways to get the magnesium you need.



<sup>1</sup> USDA Agricultural Research Service reports 32% of all US individuals are meeting the Dietary Reference Intake for magnesium. Available at: <http://www.ars.usda.gov/services/>

<sup>2</sup> Firoz M, Graber M. Bioavailability of US commercial magnesium preparations. *Magnesium Research*. 2001;14(4):257-262.

<sup>3</sup> National Institute of Health. "Magnesium: What is it?". Office of Dietary Supplements, NIH website. <http://ods.od.nih.gov/factsheets/magnesium.asp>

<sup>4</sup> Wacker WE, Parisi AF. Magnesium metabolism. *NEJM* 1968;278:712-776.

<sup>5</sup> USDA, USDA National Nutrient Database for Standard Reference, Release 20, "Magnesium Content of Selected Foods per Common Measure". Website: <http://www.nal.usda.gov/fnic/foodcomp/Data/SR20/nutrlist/sr20a304.pdf>

<sup>6</sup> "Lack Energy? Maybe It's Your Magnesium Level." USDA Agricultural Research Service. <http://www.ars.usda.gov/is/AR/archive/may04/energy0504.htm>

<sup>7</sup> The American Society for Nutritional Sciences *J. Nutr.* 132:930-935, 2002

<sup>8</sup> USDA Agricultural Research Service. "UPDATE ON THE RELATIONSHIP BETWEEN MAGNESIUM AND EXERCISE" [http://www.ars.usda.gov/research/publications/publications.htm?SEQ\\_NO\\_115=193550](http://www.ars.usda.gov/research/publications/publications.htm?SEQ_NO_115=193550)

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