

MAGNESIUM – GENERAL INFORMATION

Magnesium is a mineral that helps:

- turn the food we eat into energy
- the body produce hormones (from the parathyroid gland) which are important for bone health. It therefore has an important role in skeletal development.
(NHS Choices, Nov 2016)
- improve diabetic control and blood pressure (BMJ 2020)

Magnesium is found in a wide variety of foods. The richest sources are:

- green leafy vegetables, such as spinach, broccoli
- wholegrain bread
- wholegrain cereals
- brown rice
- nuts

Smaller amounts are also found in:

- fish
- meat
- dairy products

The recommended daily requirement of magnesium is:

- 300mg a day for men
- 270mg a day for women

The Department of Health advises that **you should be able to get all the magnesium you need by eating a varied and balanced diet.**

Supplements:

If you do choose to take over the counter magnesium supplements, do not take more than the recommended daily amount of 300mg/day. Taking high doses of magnesium (more than 400mg) for a short time can cause diarrhoea. There is not enough evidence to say what the effects might be of taking high doses of magnesium for a long time.