



# Magnesium

## The Overlooked Mineral

### 1 Daily Needs & Deficiency Risks

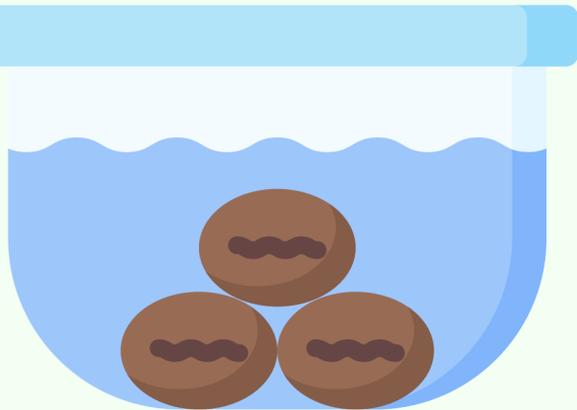
The **RDA (Recommended Dietary Allowance)** for magnesium is set at the bare minimum needed to prevent deficiency.

- Women: 310–320 mg/day
- Men: 400–420 mg/day

**You may need more than the RDA if you:**

- Experience chronic stress (stress hormones deplete magnesium)
- Use the sauna regularly or live in hot climates
- Are an endurance athlete or exercise intensely (magnesium is lost in sweat and urine)
- Have diabetes or GI disorders that cause more magnesium loss
- Consume excessive alcohol
- Take high supplemental zinc (above 124 mg/day), which interferes with absorption

**Signs of low magnesium** include muscle cramps, irregular heartbeat (arrhythmias), migraines, fatigue, poor sleep, and slow recovery after stress.

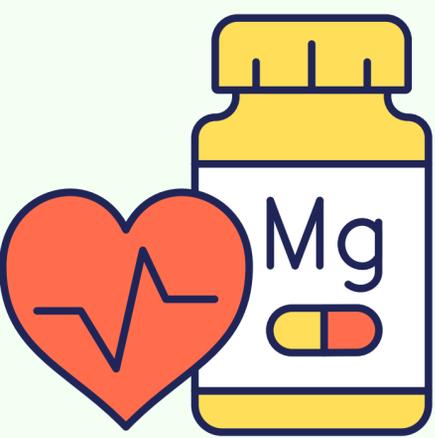


# Food Sources & Absorption

## 2 Top foods:

Dark leafy greens, beans, lentils, nuts, seeds, and whole grains. But there's a catch: magnesium in plants is bound to phytates, which reduce absorption. To unlock more magnesium, try:

- **Cook smart:** Light steaming or sautéing greens like spinach and kale reduces oxalates, which improves magnesium absorption.
- **Sprout or soak:** Sprouting beans, lentils, and seeds activates enzymes (phytases) that break down phytates, freeing up more magnesium.
- **Cook oats:** Heating reduces phytates and makes magnesium easier to absorb.
- **Watch zinc supplements:** Very high zinc intake can block magnesium uptake – keep zinc within recommended limits.
- **Limit excess alcohol & soda:** Both can increase magnesium loss through urine.
- **Choose whole grains:** Refined grains lose most of their magnesium; oats, barley, quinoa, and whole wheat are better choices.
- **Mineral water bonus:** Some natural mineral waters are surprisingly rich in magnesium – check the label.



# Supplements: What Works & What Doesn't

**3** If food isn't enough, supplements can help — but not all forms are equal.

Best absorbed forms:

- Magnesium citrate, glycinate, malate, taurate

Less effective forms:

- Magnesium oxide, chloride, sulfate (these are cheaper but poorly absorbed)

Magnesium threonate:

Often marketed for brain health, but it contains very little elemental magnesium. It should not be relied upon to meet daily needs.

Tips for safe use:

- Don't exceed 350 mg/day (this limit is set to avoid digestive side effects)
- Take magnesium in smaller, divided doses for better absorption
- Too much at once can cause diarrhea and stomach upset
- Avoid “superstacking” vitamins — for example, too much vitamin B6 can cause toxicity and nerve damage, and is often paired with high doses of magnesium or other supplements



# Magnesium for Total Body Health

## 3 Stress, Exams & Recovery

Stress hormones like adrenaline and cortisol deplete magnesium. College students often show lower levels after exams. Supplementing during stressful periods – or consistently eating magnesium-rich foods – can help restore balance.

Migraines are also linked to low magnesium. Boosting intake may help reduce frequency.

## 4 Bones & Vitamin D

About 60% of magnesium is stored in your bones. When intake is low, your body pulls magnesium from bone tissue, weakening it over time – much like muscle loss when protein is too low.

Magnesium also plays a key role in activating vitamin D. Without it, your body struggles to fully use vitamin D for calcium absorption and bone health.

That's why it's best to start young and keep magnesium levels optimal – building strong bones early in life is an investment that pays off decades later.



## 5 Heart & Blood Pressure

Magnesium relaxes blood vessels and reduces inflammation. Studies show that around 368 mg/day from supplements can lower blood pressure. It's one reason why the DASH diet emphasizes magnesium-rich foods.

## 6 Longevity & Cancer Prevention

Magnesium supports DNA repair. When intake is low, the body prioritizes short-term survival over long-term repair, setting the stage for chronic disease.

- A study following participants from 2000–2008 found a 24% higher risk of pancreatic cancer for every 100 mg drop below the RDA.
- Another study found men with the highest magnesium intake had 40% lower all-cause mortality and 50% lower cancer deaths.

While these are observational studies (not proof of cause), they highlight magnesium's role in long-term health.

## 7 Brain Health & Dementia

Early research suggests higher magnesium intake may protect against cognitive decline. A recent study found that 500 mg/day of magnesium supplementation was linked to a lower risk of dementia.



# Bottom Line

- Start with food first. Leafy greens, legumes, nuts, and seeds are powerful sources of magnesium plus other health-boosting nutrients. Prepare them to optimize absorption.
- Use supplements wisely. Stick to well-absorbed forms, and keep doses moderate.
- Think long term. Adequate magnesium is an investment in your bones, brain, heart, and DNA repair – protecting your health as you age.
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 [My Magnesium Supplement](#)

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