



## Magnesium



### Overview

This is a mineral our bodies need to be healthy. Many things our bodies do rely on magnesium. It affects our nerves, muscles and blood pressure. It affects our energy levels and our bones.

### How we get it

Our bodies can't make the magnesium we need. So we normally get it from foods we eat. Magnesium is abundant in legumes, nuts and seeds. It's in whole grains and green, leafy vegetables (like spinach). It's in milk and yogurt. And many foods, like breakfast cereals, contain added magnesium for your health.

### Health benefits

What are the health benefits? Magnesium helps keep your bones strong. It may lower your risk for type 2 diabetes. It may also help lower your risk for migraines. More research may show that it has other benefits, too.

### When we don't get enough

What happens if you don't get enough magnesium? Well, at first, you may not have any symptoms. That's because your kidneys will work to keep any magnesium that's in your body. But over time, you can develop many symptoms. These include things like loss of appetite, nausea and vomiting. You may feel tired and weak. And eventually you can have things like seizures, abnormal heart rhythms and other serious problems.

### Conclusion

For more info about the role magnesium plays in your health, talk to your doctor.