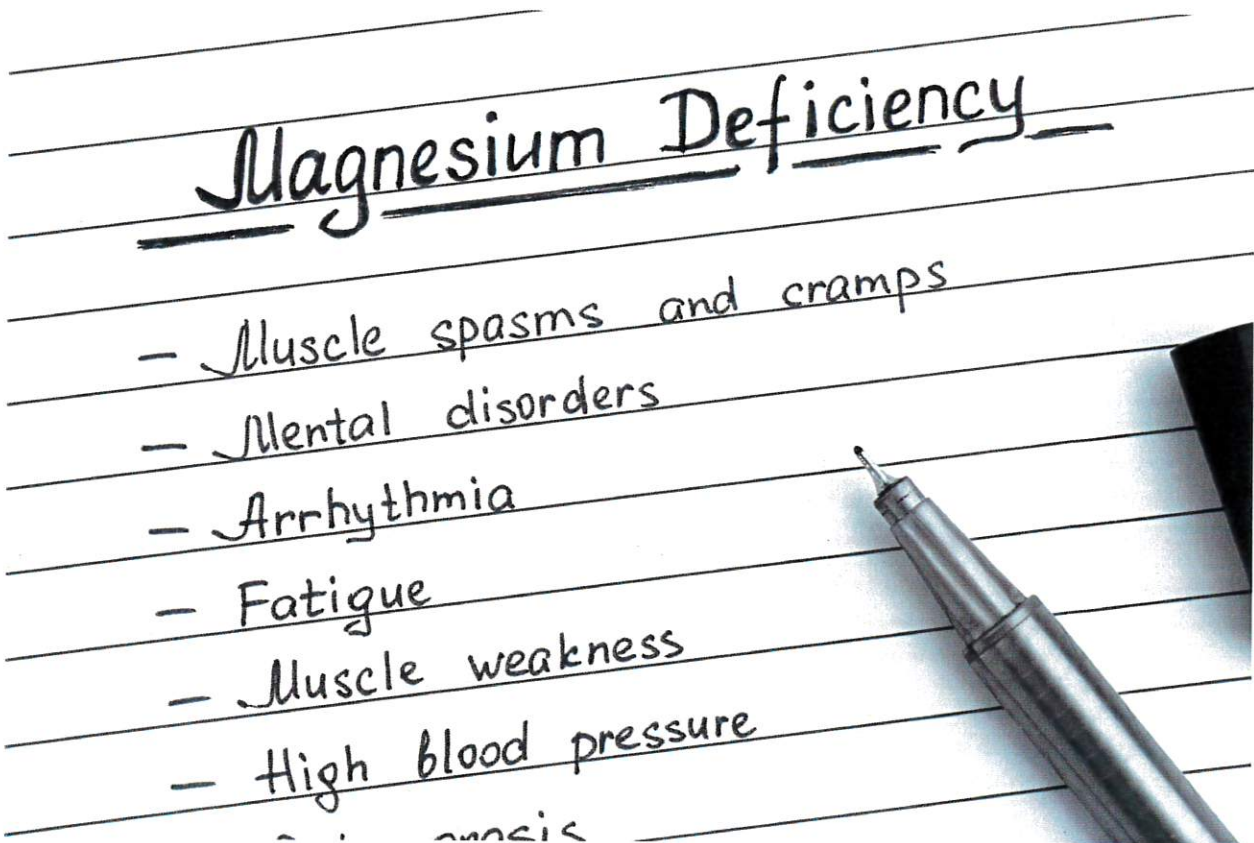




Sunny Meadow MEDICAL CLINIC

Magnesium Deficiency



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Scientific [literature suggests](#) that subclinical [magnesium deficiency](#) is rampant. And that it's actually one of the leading causes of chronic disease — including cardiovascular disease and early mortality — around the globe. Subclinical magnesium deficiency indicates that your blood magnesium levels appear normal, but you still have an [underlying](#) mineral deficiency.

A [USDA survey](#) called “What We Eat in America” found that men take in under 350 mg of magnesium per day (when they should be getting 300-420 mg), while women average 260 mg when at least 310 mg would be optimal. Surveys show that men over the age of 70 and teenage girls tend to have the [lowest magnesium consumption](#). On the other hand, combining dietary and supplemental magnesium typically exceeds minimum requirements.

Normal blood magnesium [levels](#) are between 0.75 and 0.95 mmol/L, which means magnesium deficiency occurs at levels under 0.75 mmol/L. Remember that less than 1% of your total body magnesium is in your blood, so when these levels are low, it could indicate that you have a more widespread deficiency.

What Causes Magnesium Deficiency?

In addition to inadequate consumption of magnesium from food, low magnesium levels in the body may be [caused or worsened](#) by:

- An excess of heavy metals due to soil contamination
- A lack of minerals due to soil erosion
- Having a digestive disorder, such as celiac disease or chronic diarrhea
- Having type 2 diabetes
- Being dependent upon alcohol
- Being elderly, as magnesium absorption decreases with age
- Taking certain medicines, including diuretics and proton-pump inhibitors, that can cause magnesium loss

Symptoms of [early magnesium deficiency](#) can include constipation, fatigue, loss of appetite, and weakness, which can eventually lead to more severe complications. Some of these may be muscle contractions, seizures, low blood levels of calcium and potassium, abnormal heart rhythm, personality changes, and

numbness in the limbs. Long-term, untreated magnesium deficiency can result in high blood pressure, type 2 diabetes, osteoporosis, and heart disease.