

MIGHTY MAGNESIUM

By VerryWellfit

Magnesium is a vital nutrient in your body that is very abundant, especially in your bones. It is responsible for several processes such as blood pressure and blood sugar regulation, nerve function, bone formation, and more.

Two kinds of minerals are required for you to stay healthy: macrominerals and trace minerals. Macrominerals are needed in more significant amounts in your body, while trace minerals are only necessary in small quantities. Magnesium is a macromineral along with calcium, phosphorus, sodium, potassium, chloride, and sulfur.¹

Magnesium is responsible for helping with over 300 enzyme systems that regulate many reactions in your body.

Types of Magnesium

Magnesium Citrate
Magnesium Oxide
Magnesium Aspartate
Magnesium Chloride
Magnesium Lactate
Magnesium Malate
Magnesium L-Threonate
Magnesium Taurate
Magnesium Sulfate
Magnesium Glycinate
Magnesium Orotate

For specific conditions such as constipation, heartburn, or indigestion, magnesium can also help. There are many preparations for these purposes, and you can talk to a pharmacist or your doctor about which would be best for you.

Many people believe that magnesium supplements help relieve stress and anxiety and help to calm the nervous system. Speak to your doctor to find out if taking magnesium for these reasons could be beneficial for you.