Vibrant Juicy Life

Conquer Cravings, Feel Better, Live Bigger

WHY WE NEED MAGNESIUM

Most Americans are only getting about 60% of the magnesium they need every day. This key mineral is used as a cofactor for over 300 essential functions in the body, including bone, energy, and activation of some of the hormones and neurotransmitters your brain uses to communicate.

Low levels of magnesium have been associated with depression and anxiety, and as mood improves serum levels of magnesium have been shown to also increase. In one study, 450 mg of elemental magnesium was found to be similar in effectiveness to the antidepressant imipramine in elderly subjects newly diagnosed with depression.

Magnesium plays a role in relaxation, helping both with calming and muscle relaxation. One study found that anxiety symptoms improved as levels of serum magnesium increased. It has also been shown to shorten the time it takes to fall asleep. A meta-analysis found supplemental magnesium decreased the time it took for subjects to fall asleep by 17 minutes.

Our food contains less magnesium than ever, mostly because of farming practices. Nutritional recommendations list daily requirements at 320 mg for women and 420 mg for men. Compare these amounts to the best food sources and you can see why we are deficient:

- Dark green leafy vegetables: 24-80 mg/cup
- Nuts and seeds: 50-80 mg/oz (pumpkin seeds are best source at 156 mg/oz)
- Beans: 40-60 mg per ½ cup

Unless you are eating several servings of these foods every day, you are likely not getting enough.

WHAT TO LOOK FOR IN A MAGNESIUM SUPPLEMENT

Because I rarely eat four servings of dark green leafy vegetables and nuts daily, I supplement. Some common forms of magnesium are:

- **Citrate , Malate** - well-absorbed forms, can have laxative effect above 350 mg. Use caution above this level unless you desire a gentle laxative effect
- **Glycinate** - well-absorbed form without laxative effect, often used at higher levels
- **Threonate** - well-absorbed form targeting brain magnesium levels, more expensive
- **Oxide** - common form with very low absorption, avoid. strong laxative effect

Aim for 150-350 mg of magnesium daily, particularly if you struggle with restlessness or muscle cramps during the night.

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