

Magnesium, the invisible health deficiency

By Zahra Barnes, CNN

Feeling exhausted? Or noticing weird muscle cramps that are throwing off your workouts? You might be suffering from a magnesium deficiency.

Dubbed the “invisible deficiency” by some experts because it’s so hard to spot and diagnose, magnesium deficiencies are more dangerous than you might think.

“Magnesium is involved in over 300 biochemical reactions in your body. It affects everything from your heartbeat to your muscles to your hormones,” says Danine Fruge, associate medical director at the Pritikin Longevity Center in Miami.

Between making sure to get enough fiber in your diet and trying not skimp on iron, monitoring your magnesium intake can easily fall through the cracks.

“Studies have shown that only about 25 percent of U.S. adults are at or above the recommended daily amount of 310 to 320 milligrams for women and 400 to 420 for men,” says Fruge.

In fact, the 2005-2006 National Health and Nutrition Examination Survey revealed that at least half of the U.S. population had inadequate intakes of magnesium.

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