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## "Up to 80% of Americans are Not Getting Enough of this Essential Nutrient. Where Do You Stand?"

### **Magnesium – Pay Attention to this Vital Mineral**

Another challenge you face as time marches on is your body becomes less efficient and effective in absorbing important vitamins and minerals. So, despite a healthy diet rich in fresh organic vegetables, you may still come up short in certain nutrients. Plus, consuming a larger number of vegetable servings a day can be somewhat difficult... and may not always be entirely practical. Certainly, **vegetable juicing** is a phenomenal way to overcome the serving challenge. But even then, there may be some important nutrients you simply may not get enough of.

### **One nutrient that comes to mind – one you probably don't hear much about is magnesium.**

Here are some key facts about this vital mineral and why I feel it's so important for you not to overlook. **Magnesium...**

- **Is the fourth most abundant mineral in your body...**
- Exists in over 300 different bodily enzymes...
- **Is found primarily in your bones (50% of total body magnesium)...**
- Plays a role in your body's detoxification processes...\*
- **Aids your energy metabolism and protein synthesis...\***
- Helps guide a large number of physiological functions...\*
- **Is required by glutathione (the 'master antioxidant') for synthesis...\***

This should give you a pretty good picture why I believe magnesium is so important. And the number of Americans potentially not getting enough of this mineral is estimated as high as 80%. That's a pretty staggering number. With all this said, how do you really know if you're getting an adequate supply or coming up short? In fact...

### **Is It Even Possible to Determine Your Magnesium Level?**

Since only about 1% of the magnesium in your body is distributed in your blood, there's really not an accurate lab test for magnesium today. Due to the difficulty with determining magnesium status in your tissues, there's really not a good lab test today that will provide an accurate assessment. Additionally, only about 1% of the magnesium in your body is distributed in your blood.

### **Some early signs of a potential lack of magnesium in your body include...**

- Loss of appetite and headache
- Nausea and vomiting
- Fatigue and weakness

### **A Variety of Foods Rich in Magnesium**

There are a number of foods with abundant supplies of magnesium. Raw, green organic vegetables, such as spinach, are excellent choices because the center of the chlorophyll molecule (which provides green veggies their brilliant color) contains magnesium. Chlorophyll is like a plant's version of our hemoglobin. They share a similar structure but chlorophyll has magnesium plugged in the middle instead of iron. In order to ensure you're getting adequate amounts of magnesium, I

recommend you first focus on eating a variety of foods that contain the mineral. And juicing green leafy vegetables can be an excellent strategy for obtaining magnesium as well. Here's a handy chart of specific foods that contain abundant amounts of magnesium for every 100 grams (just over 3 ounces) you consume...

Food (100 grams)	Magnesium Content (mg)
Seaweed, agar, dried	770 mg
Coriander leaf (spice), dried	694 mg
Pumpkin seeds, dried	535 mg
Cocoa, dry powder, unsweetened	499 mg
Basil, dried	422 mg
Flaxseed	392 mg
Cumin seed (spice)	366 mg
Brazil nuts, dried	376 mg
Parsley, freeze dried	372 mg
Almond butter	303 mg
Cashew nuts, roasted	273 mg
Whey, sweet, dried	176 mg
Leeks, freeze dried	156 mg
Kale, scotch, raw	88 mg

Magnesium supplement	Characteristics
Magnesium glycinate	A chelated form of magnesium that tends to provide effective levels of absorption and bioavailability.
Magnesium oxide	A non-chelated form of magnesium bound to an organic acid or fatty acid. Contains up to 60% elemental magnesium and has stool-softening properties.
Magnesium chloride/Magnesium lactate	Contains only about 12% elemental magnesium but tends to have better absorption capabilities than magnesium oxide which has 5 times the magnesium.
Magnesium sulfate/Magnesium hydroxide	These are typically used as laxatives. Milk of Magnesia is an example of this type of magnesium. Since magnesium hydroxide can have up to 42% elemental magnesium, caution is required here not to take too much.
Magnesium carbonate	This form of magnesium has antacid properties and can contain from 29-45% elemental magnesium.
Magnesium taurate	This contains a combination of magnesium and taurine (an amino acid) that together may provide a calming effect on the body and mind.
Magnesium citrate	This is a form of magnesium with citric acid which has laxative properties. This can contain up to 16% elemental magnesium.
Magnesium threonate	This newer, emerging type of magnesium supplement has shown great promise in absorption, as well as potential tissue and cell membrane penetration.