

Food Sources of Vitamins and Minerals



Magnesium

Magnesium is an essential element in over 320 biochemical processes in the body. It supports normal acid-alkaline and blood pH balance, aids in enzyme activation, helps metabolize blood sugar and produce cortisone, supports healthy nerve and muscle function and assists in forming bones and teeth. Sixty percent of the magnesium found in the body is found in the skeleton, so it plays an important structural role. Many of the body's energy producing pathways require magnesium. It is a cofactor for the enzymes involved in nucleic acid (DNA), protein, carbohydrate, and lipid synthesis. Magnesium is also involved in nerve signal transmission, muscle contraction and heart rhythm.

Further Reading

[Facts about Magnesium](#)

[Mineral Primer:
Magnesium](#)

[Magnesium and Natural
PMS Relief](#)

[Magnesium and Allergy
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A diet deficient in magnesium can result in tremors, weakness and muscle spasms, heart irregularities, softened bones and blood sugar level disturbances.

Rich in the following foods....

- Artichokes
- Black beans
- Broccoli
- Cashews
- Green beans
- Navy beans
- Pinto beans
- Pumpkin seeds
- Organ meats
- Seafood (salmon, halibut, shrimp)
- Sesame seeds
- Soybeans
- Spinach
- Sunflower seeds
- Swiss chard
- Tomatoes

Supports the following systems....

- Cardiovascular
- Digestive
- Immune
- Nervous

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Reproductive Skeletal



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