

Importance of Magnesium

Considering all of the important roles that magnesium plays in the body — and the fact that a magnesium deficiency is one of the leading nutrient deficiencies in adults with an estimated 80 percent being deficient in this vital mineral — it's a good idea to consider taking magnesium supplements regularly and eating **magnesium-rich foods**.

It's believed that magnesium in citrate, chelate and chloride forms are absorbed better than magnesium supplements in oxide and magnesium sulfate form. Here's a bit about the different types of magnesium supplements that you'll likely come across:

- **Magnesium Chelate** — highly absorbable by the body and the kind found in foods naturally. This type is bound to multiple amino acids (proteins) and used to restore magnesium levels.
- **Magnesium Citrate** — magnesium combined with citric acid. This may have a laxative effect in some cases when taken in high doses but is otherwise safe to use for improving digestion and preventing constipation.
- **Magnesium Chloride Oil** — an oil form of magnesium that can be applied to skin. It's also given to people who have digestive disorders that prevent normal absorption of magnesium from their food. Athletes sometimes use **magnesium oil** to increase energy and endurance, to dull muscle pain, and to heal wounds or skin irritation.
- **Magnesium Glycinate** — highly absorbable, this is recommended for anyone with a known magnesium deficiency and less likely to cause laxative effects than some other magnesium supplements.
- **Magnesium Threonate** — has a high level of absorbability/bioavailability since it can penetrate the mitochondrial membrane. This type is not as readily available, but as more research is conducted, it may become more widely used.
- **Magnesium Orotate** — these supplements have orotic acid, and magnesium orotate is beneficial to the heart.

Top 10 Magnesium-Rich Foods

Here the top 10 magnesium-rich foods based on magnesium content (values of mg in food from the USDA): (3)

1. **Spinach, cooked** — 1 cup: 157 milligrams (39 percent DV)
2. **Swiss chard, cooked** — 1 cup: 150 milligrams (38 percent DV)
3. **Dark Chocolate** — 1 square: 95 milligrams (24 percent DV)
4. **Pumpkin seeds, dried** — 1/8 cup: 92 milligrams (23 percent DV)
5. **Almonds** — 1 ounce: 75 milligrams (19 percent DV)
6. **Black beans** — 1/2 cup: 60 milligrams (15 percent DV)
7. **Avocado** — 1 medium: 58 milligrams (15 percent DV)
8. **Figs, dried** — 1/2 cup: 50 milligrams (13 percent DV)
9. **Yogurt or kefir** — 1 cup: 46.5 milligrams (12 percent DV)
10. **Banana** — 1 medium: 32 milligrams (8 percent DV)

Credit: DrAxe.com