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Magnesium in the internal environment

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Magnesium is a nutrient that the body needs to stay healthy. Magnesium malate is a compound of magnesium and malic acid, clinically shown to soothe and energize muscle cells. It is a naturally occurring mineral that is important for many systems in the body especially the muscles and nerves. Magnesium citrate also increases water in the intestines. Magnesium citrate is used as a laxative to treat occasional constipation. Magnesium is a macro-mineral, which, unlike trace minerals, is needed by the body in large amounts. Calcium, sodium and potassium are also macro-minerals. The average human body contains about 25 grams of magnesium, one of the six essential minerals that must be supplied in the diet. A test for magnesium is done to find a cause for nerve and muscle problems such as muscle twitches, irritability and muscle weakness, to find the cause of symptoms such as low blood pressure, nausea, vomiting, diarrhea, dizziness, muscle weakness and slurred speech and to monitor kidney function.

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