



---

# Excess Magnesium: What Happens to Your Body?

## Description

As the desire for increased fibre and protein intake grows, it is vital to consider other essential nutrients, particularly magnesium. This mineral plays a crucial role in supporting brain health, enhancing nerve and muscle function, and alleviating stress. Despite its many benefits, excessive consumption of magnesium can lead to health issues.

Many adults do not meet their daily magnesium requirements, yet increasing intake is relatively simple. Magnesium is abundant in foods such as nuts, seeds, legumes, whole grains, low-fat dairy, leafy greens, and even in drinking water. According to Harvard Health Publishing, a well-balanced diet should provide the recommended daily intake of 320 milligrams for women and 420 milligrams for men. However, individuals may unintentionally consume too much magnesium through supplements. Those who rely on magnesium capsules for sleep enhancement might inadvertently experience toxicity, a condition known as hypermagnesemia.

The National Institute of Health recommends that adults limit their supplemental magnesium intake to a maximum of 350 milligrams per day. Although rare, excessive intake from supplements can cause symptoms such as nausea, diarrhoea, abdominal cramps, difficulty breathing, irregular heartbeat, and even cardiac arrest. People with pre-existing conditions affecting the kidneys, heart, or gastrointestinal system, along with older adults, are at an increased risk of hypermagnesemia, especially if they take certain medications containing magnesium.

Medical professionals typically advise obtaining nutrients from food rather than supplements. A varied diet is the best strategy for enhancing magnesium intake without risking toxicity. If the goal is stress relief, for instance, meals containing magnesium and glycine, an amino acid that can improve sleep quality, are recommended. Simple options, such as a green smoothie enriched with magnesium-rich ingredients, can also provide a beneficial boost.

---

## Vocabulary List:

1. **Fibre** /'faɪ.bər/ (noun): A part of food that helps digestion.
2. **Protein** /'prəʊ.ti:n/ (noun): A substance used for building muscles.
3. **Magnesium** /mæg'ni:zi.əm/ (noun): A mineral important for our health.
4. **Nerve** /nɜrv/ (noun): A fiber that sends messages in the body.
5. **Muscle** /'mʌs.əl/ (noun): Tissue that helps the body move.
6. **Stress** /strɛs/ (noun): A feeling of worry or anxiety.



## Comprehension Questions

### Multiple Choice

1. What is the recommended daily magnesium intake for women?  
Option: 320 milligrams  
Option: 350 milligrams  
Option: 420 milligrams  
Option: 280 milligrams
2. Which of the following foods is NOT high in magnesium?  
Option: Nuts  
Option: Leafy greens  
Option: Whole grains  
Option: White rice
3. What condition is caused by excessive magnesium intake?  
Option: Hypomagnesemia  
Option: Hypermagnesemia  
Option: Magnesium deficiency  
Option: Magnesium toxicity
4. What is the maximum recommended supplemental magnesium intake for adults according to the National Institute of Health?  
Option: 250 milligrams  
Option: 350 milligrams  
Option: 400 milligrams  
Option: 450 milligrams
5. Which amino acid is mentioned as beneficial for sleep quality?  
Option: Serotonin  
Option: Glycine  
Option: Tryptophan  
Option: Tyrosine
6. Which symptom is NOT associated with excessive magnesium intake from supplements?



- Option: Nausea
- Option: Difficulty breathing
- Option: Headaches
- Option: Cardiac arrest

**True-False**

- 7. Magnesium is only found in dietary supplements.
- 8. Magnesium helps in enhancing nerve and muscle function.
- 9. The primary source of magnesium should be from supplements according to medical professionals.
- 10. Hypermagnesemia is a condition caused by insufficient magnesium intake.
- 11. Adults are at increased risk of hypermagnesemia if they have kidney issues.
- 12. A varied diet is recommended for enhancing magnesium intake.

**Gap-Fill**

- 13. According to Harvard Health Publishing, the recommended daily intake of magnesium for men is \_\_\_\_\_ milligrams.
- 14. Magnesium can be found in foods such as nuts, seeds, and \_\_\_\_\_ greens.
- 15. Individuals taking certain medications are at higher risk of \_\_\_\_\_ toxicity.
- 16. The maximum supplemental magnesium intake recommended by the National Institute of Health is \_\_\_\_\_ milligrams per day.
- 17. Excessive magnesium intake can lead to symptoms like nausea, diarrhea, and \_\_\_\_\_ heartbeat.
- 18. Meals containing magnesium and \_\_\_\_\_ may improve sleep quality.



## Answer

**Multiple Choice:** 1. 320 milligrams 2. White rice 3. Hypermagnesemia 4. 350 milligrams 5. Glycine  
6. Headaches

**True-False:** 7. False 8. True 9. False 10. False 11. True 12. True

**Gap-Fill:** 13. 420 14. leafy 15. magnesium 16. 350 17. irregular 18. glycine

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What nutrient is essential for digestive health and is commonly found in fruits and vegetables?

Option: Fibre

Option: Protein

Option: Magnesium

Option: Compound

2. Which type of nutrient is vital for building and repairing tissues?

Option: Fat

Option: Carbohydrate

Option: Protein

Option: Sugar

3. Which mineral is important for muscle function and energy production?

Option: Calcium

Option: Iron

Option: Magnesium

Option: Zinc

4. What type of cells are responsible for transmitting signals in the body?

Option: Muscle cells

Option: Epithelial cells

Option: Nerve cells

Option: Blood cells

5. What is a common psychological condition that can impact mental and physical health?



- Option: Joy
- Option: Calm
- Option: Stress
- Option: Relaxation

6. How should one approach a risky situation to avoid potential harm?

- Option: Carelessly
- Option: Quickly
- Option: Cautiously
- Option: Arrogantly

7. What is the term for the most favorable conditions or levels for achieving success?

- Option: Optimal
- Option: Suboptimal
- Option: Marginal
- Option: Inefficient

8. What is the act of maintaining or continuing a process over time?

- Option: End
- Option: Sustain
- Option: Terminate
- Option: Discontinue

9. What is the process of moving from one state or condition to another?

- Option: Departure
- Option: Transition
- Option: Stability
- Option: Reversal

10. What word describes something that lasts for a very short time?

- Option: Timeless
- Option: Persistent
- Option: Ephemeral
- Option: Perpetual

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ in the forest provides habitat for many species.

12. The data can be \_\_\_\_\_ to show overall trends.



13. Both parties must \_\_\_\_\_ to find a satisfactory agreement.
14. The new technology can \_\_\_\_\_ traditional industries significantly.
15. The project aims to \_\_\_\_\_ climate change effects.
16. The instructions were too \_\_\_\_\_ for me to follow easily.
17. She is known for her \_\_\_\_\_ research in renewable energy.
18. He was \_\_\_\_\_ by the unexpected results of the experiment.
19. The researcher emphasized the \_\_\_\_\_ of her findings in the study.
20. The new software enhances the \_\_\_\_\_ of the system dramatically.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. They decided to dismantle the old machinery to recycle its parts.
22. The confrontation between the two teams added tension to the event.
23. The nerve is responsible for transmitting signals throughout the body.
24. Muscle fibers contract to facilitate movement and provide strength.
25. The political upheaval led to significant changes in management.
26. Sensitivity to feedback is important for personal growth and improvement.
27. The researcher conducted experiments to validate her hypothesis.
28. Technological advancements often disrupt established industries.
29. The museum will exhibit ancient artifacts from various cultures.
30. It is essential to navigate through complex regulations when starting a business.

## Answer

**Multiple Choice:** 1. Fibre 2. Protein 3. Magnesium 4. Nerve cells 5. Stress 6. Cautiously 7. Optimal 8. Sustain 9. Transition



10. Ephemeral

**Gap-Fill:** 11. foliage 12. aggregated 13. compromise 14. disrupt 15. mitigate 16. complicated 17. pioneering  
18. perplexed 19. significance 20. capability

**Matching sentence:** 1. dismantle 2. confrontation 3. nerve 4. muscle 5. upheaval 6. sensitivity 7. researcher  
8. disrupt 9. exhibit 10. navigate

## CATEGORY

1. Health - LEVEL6

## POST TAG

1. ESL learning
2. esl news
3. health
4. Level 6
5. magnesium
6. nutrition

## Tags

1. ESL learning
2. esl news
3. health
4. Level 6
5. magnesium
6. nutrition

## Date Created

2026/03/01

## Author

aimeeyoung99

ESL-NEWS.COM