Excessive Magnesium Intake: Potential Health Effects Explained

Description

Many people focus on getting more fibre and protein, but magnesium is also important. This mineral supports brain health, helps nerves and muscles, and reduces stress. Despite its benefits, too much magnesium can be harmful.

Most adults do not get enough magnesium, but it can be found in many foods like nuts, seeds, grains, dairy, greens, and water. According to Harvard Health, women need 320 milligrams and men need 420 milligrams of magnesium daily. The risk of having too much comes from supplements. If you already eat enough magnesium and also take supplements, it can lead to magnesium toxicity, called hypermagnesemia.

The National Institutes of Health advises adults to have no more than 350 milligrams of magnesium from supplements daily. Although rare, too much can cause nausea, diarrhoea, and stomach cramps, as well as breathing problems and heart issues. People with kidney, heart, or digestive problems, and the elderly, are more at risk because some medicines have magnesium.

Doctors typically suggest getting vitamins and nutrients from food rather than supplements. A balanced diet can meet needs without causing hypermagnesemia. Magnesium helps with stress and relaxation. Foods like leafy greens and turkey contain other helpful nutrients, such as glycine, that improve sleep.

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A simple green smoothie can increase magnesium intake. For digestion and muscle health, citrus fruits enhance magnesium's effects. Kale or spinach, along with soy milk or coconut water, are good sources.

Vocabulary List:

1. **Magnesium** /mægˈniː.zi.əm/ (noun): A mineral important for health and body functions.
2. **Brain health** /breɪn hɛlθ/ (noun): Wellness of the brain and its functions.
3. **Nerves** /nɜrvz/ (noun): Cells that send signals in the body.
4. **Muscles** /ˈmʌs.əlz/ (noun): Tissues that help the body move.
5. **Stress** /strɛs/ (noun): A feeling of worry or pressure.
6. **Toxicity** /tɒkˈsɪs.ɪ.ti/ (noun): The state of being poisonous or harmful.

Comprehension Questions

Multiple Choice

1. What mineral is mentioned as important for brain health and stress reduction?

   Option: Calcium
   Option: Iron
   Option: Magnesium
   Option: Potassium

2. According to Harvard Health, how much magnesium do women need daily?

   Option: 400 milligrams
   Option: 320 milligrams
   Option: 420 milligrams
   Option: 350 milligrams

3. What is the maximum recommended amount of magnesium from supplements for adults?

   Option: 400 milligrams
   Option: 350 milligrams
   Option: 500 milligrams
   Option: 600 milligrams

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4. What condition can result from too much magnesium intake?

   Option: Hypertension
   Option: Hypermagnesemia
   Option: Hypomagnesemia
   Option: Hypercalcemia

5. Which food is NOT mentioned as a source of magnesium?

   Option: Nuts
   Option: Legumes
   Option: Dairy
   Option: Seeds

6. What effect do citrus fruits have on magnesium?

   Option: Increases absorption
   Option: Decreases absorption
   Option: No effect
   Option: Causes toxicity

True-False

7. Too much magnesium can cause nausea and stomach cramps.

8. Most adults get enough magnesium in their diet.

9. Magnesium supplements are safe for everyone.

10. Doctors recommend getting nutrients from supplements rather than food.

11. Hypermagnesemia is a condition caused by magnesium deficiency.

12. Foods like leafy greens help improve sleep due to their glycine content.

Gap-Fill

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13. Women need _____ milligrams of magnesium daily according to Harvard Health.

14. Adults should not exceed _____ milligrams of magnesium from supplements daily.

15. Magnesium toxicity is known as _____.

16. Spinach and kale are good sources of _____.

17. Magnesium helps with stress and _____.

18. A simple green smoothie can increase _____ intake.

Answer

Multiple Choice: 1. Magnesium 2. 320 milligrams 3. 350 milligrams 4. Hypermagnesemia 5. Legumes 6. Increases absorption
True-False: 7. True 8. False 9. False 10. False 11. False 12. True
Gap-Fill: 13. 320 14. 350 15. hypermagnesemia 16. magnesium 17. relaxation

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