



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.

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** /mæg'ni:zi.əm/ (noun): A mineral important for health and body functions.
2. **Brain health** /breɪn helθ/ (noun): Wellness of the brain and its functions.
3. **Nerves** /nɜrvz/ (noun): Cells that send signals in the body.
4. **Muscles** /'mʌs.əlz/ (noun): Tissues that help the body move.
5. **Stress** /streɪs/ (noun): A feeling of worry or pressure.
6. **Toxicity** /tɒk'sɪs.i.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
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

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

Vocabulary quizzes



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

1. Which term refers to a microorganism that can cause disease in the bloodstream?
Option: Virus
Option: Bacterium
Option: Fungus
Option: Protozoa

2. What biological response is characterized by redness, heat, swelling, and pain?
Option: Infection
Option: Inflammation
Option: Allergy
Option: Necrosis

3. What molecule carries genetic information in living organisms?
Option: RNA
Option: Proteins
Option: DNA
Option: Lipids

4. What term describes bacteria that are not affected by antibiotics?
Option: Sensitive
Option: Resistant
Option: Dormant
Option: Virulent

5. What treatment uses chemical substances to kill or slow the growth of cancer cells?
Option: Radiation
Option: Surgery
Option: Chemotherapy
Option: Immunotherapy

6. What is the term for the temperature at which a solid becomes a liquid?
Option: Boiling point
Option: Melting point
Option: Freezing point
Option: Sublimation point

7. Which mineral is essential for muscle and nerve function?
Option: Calcium
Option: Magnesium
Option: Potassium



Option: Iron

8. What type of function refers to mental processes such as thinking and remembering?

- Option: Cognitive
- Option: Emotional
- Option: Physical
- Option: Creative

9. Who is a professional that advises on nutrition and diet planning?

- Option: Physician
- Option: Dietitian
- Option: Chef
- Option: Nurse

10. What term describes the brain's ability to adapt and change?

- Option: Neurotransmission
- Option: Neuroplasticity
- Option: Neurogenesis
- Option: Neuroscience

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

11. The _____ effect relates to the impact of ions on caloric content.

12. The _____ is used in air conditioning and refrigeration systems.

13. Water is commonly known as a universal _____.

14. High levels of _____ can adversely affect health.

15. Some chemicals are known to be _____ and can cause harm.

16. The Mediterranean diet is known for its numerous health _____.

17. Meat, fish, and dairy are rich sources of _____.

18. The _____ of a material affects its buoyancy in water.

19. Exercise can _____ cognitive function and memory.

20. The _____ components of a cell include its membrane and organelles.



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

21. The Mediterranean diet is renowned for its health benefits and balance of nutrients.
22. Maintaining proper nutrition is essential for optimal brain health throughout life.
23. The nervous system transmits signals throughout the body via network of nerves.
24. Regular exercise helps to strengthen and build muscles, enhancing physical capacity.
25. Personal stories can serve as powerful sources of inspiration for others.
26. Achieving a balance between physical, mental, and emotional well-being is vital for overall health.
27. Different cultures can shape one's perception of beauty and success.
28. Chemotherapy can be an effective treatment for certain types of cancer.
29. Regular practice can help enhance skills and improve performance.
30. Exposure to toxic substances can lead to serious health issues.

Answer

Multiple Choice: 1. Bacterium 2. Inflammation 3. DNA 4. Resistant 5. Chemotherapy 6. Melting point 7. Magnesium 8. Cognitive 9. Dietitian 10. Neuroplasticity

Gap-Fill: 11. ionocaloric 12. refrigerant 13. solvent 14. stress 15. toxic 16. benefits 17. proteins 18. density 19. enhance 20. structural

Matching sentence: 1. Mediterranean 2. brain health 3. nerves 4. muscles 5. inspiration 6. health 7. perception 8. chemotherapy 9. enhance 10. toxic

CATEGORY

1. Health - LEVEL3

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Author

aimeeyoung99

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