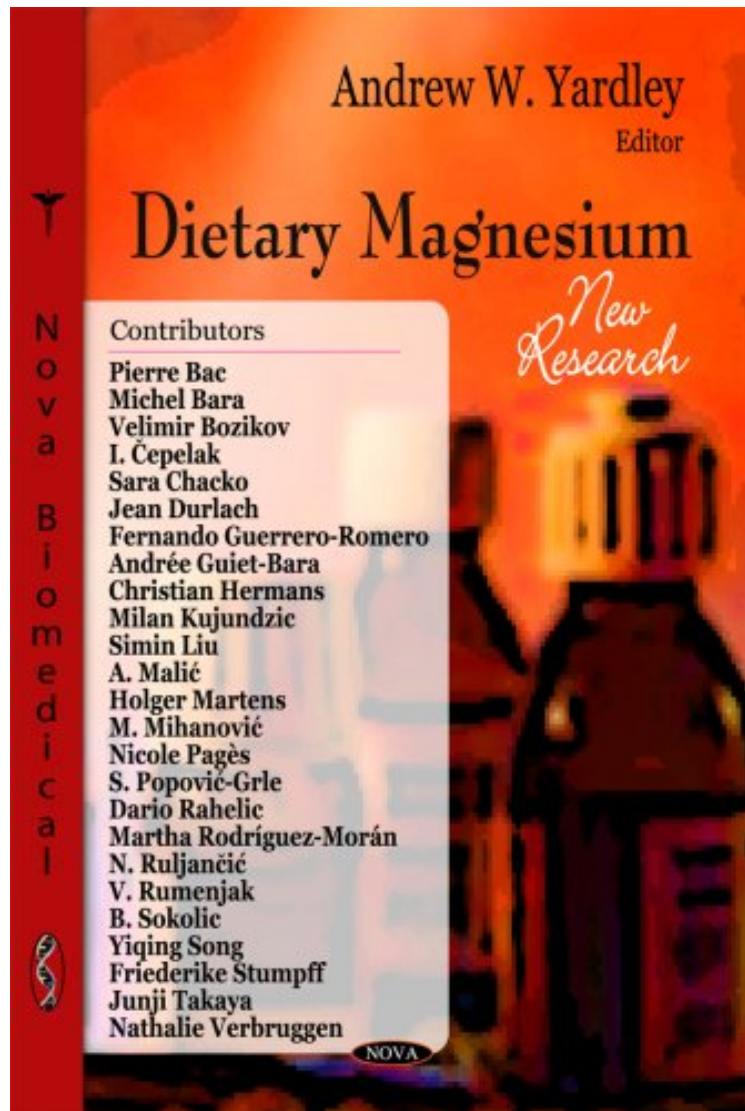


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Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50 per cent of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1 per cent of magnesium is found in blood, but the body works very hard to keep blood levels of

magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidney.