

Script – Broadcast – Don't lose sleep over magnesium

If you spend any time on TikTok, you probably know that some of its users have been singing the praises of what magnesium can do for people when it comes to sleep. But medical experts are saying not so fast.

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Experts say there is not enough research currently to back that claim. Although there are many supplements like magnesium, claiming to help with sleep such as melatonin or tart cherry juice, what's most important is that we are creating a sleep schedule, eating healthy, staying hydrated and exercising to develop good sleep habits.

Still, magnesium is important for many reasons, says Brittany Van Tine (TYNE), a dietetic intern with OSF HealthCare.

While the jury's still out about sleep and magnesium, the attention garnered on TikTok is raising awareness of the important mineral. One [study](#), estimates more than half of the country is magnesium deficient.

((SOT))

Brittany Van Tine, Dietetic Intern, OSF HealthCare

:25-:44

“Magnesium plays a very crucial role in many different body systems such as muscle and nerve function as well as energy production. It's also very important for maintaining blood sugar, blood pressure, as well as the activity of your muscle nerves in cardiovascular system.” (:19)

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Other benefits include stress relief and improved hydration. Van Tine says because our bodies lack the ability to produce magnesium on our own, consumption must come from our diets.

The recommended daily allowance of magnesium is 400 -420 milligrams for men, and 310-320 milligrams for women.

Magnesium is found in different foods such as almonds, legumes, leafy vegetables, as well as milk, yogurt, and also fortified foods.

But if you're still not getting the right amount through your diet, Van Tine recommends a magnesium supplement.