

Soundbite Script – Don't lose sleep over magnesium

Brittany Van Tine, Dietetic Intern, OSF HealthCare

“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)

Brittany Van Tine, Dietetic Intern, OSF HealthCare

“Magnesium is found in a lot of different foods such as nuts, seeds, legumes, leafy vegetables, as well as milk and yogurt, and also fortified foods, which means that magnesium has been added back into foods like bread and cereal.” (:14)

Brittany Van Tine, Dietetic Intern, OSF HealthCare

“There are many supplements available on the shelves and they come in different forms such as magnesium oxide, magnesium citrate, and magnesium glycinate. When talking about purchasing a supplement, we need to talk about the bioavailability. This is the amount that can be absorbed and then utilized in the body.” (:19)