



Why Magnesium is Important for Women Over 50?

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Magnesium is an essential mineral for human body. Almost over 300 biochemical reactions in the body involve magnesium. It is essential for maintaining muscle and nerve function, supports bone health and regulates blood pressure. It is also involved in DNA synthesis, blood sugar control and in the energy production. Magnesium plays crucial role in the calcium absorption. Most importantly, it is also involved in various immune system functions helping the body fight off infections.

Why is magnesium important for women over 50?

Due to hormonal shifts in women after 50, the bone density naturally declines. Magnesium helps to maintain bone mineral density, which is important for preventing osteoporosis and fractures.

It helps regulate blood pressure and maintain a steady heart-beat and it is involved in heart muscle contractions and nerve impulse transmission, ensuring proper heart function.

Above all magnesium helps in stress management by reducing anxiety, which is common during menopause and also helps with sleep issues.

What is the daily requirement of magnesium and what are the sources?

- Women need around 320 mg of magnesium per day. Milk and dairy products, nuts, whole grains, fruits (banana's, dried apricots etc.) provide rich source of magnesium.
- Good news is that even dark chocolate has good amount of magnesium.

- One may try taking Magnesium supplements after consulting Physicians.

- Thus women should take care to maintain the adequate levels of both Calcium & Magnesium for their overall well being.