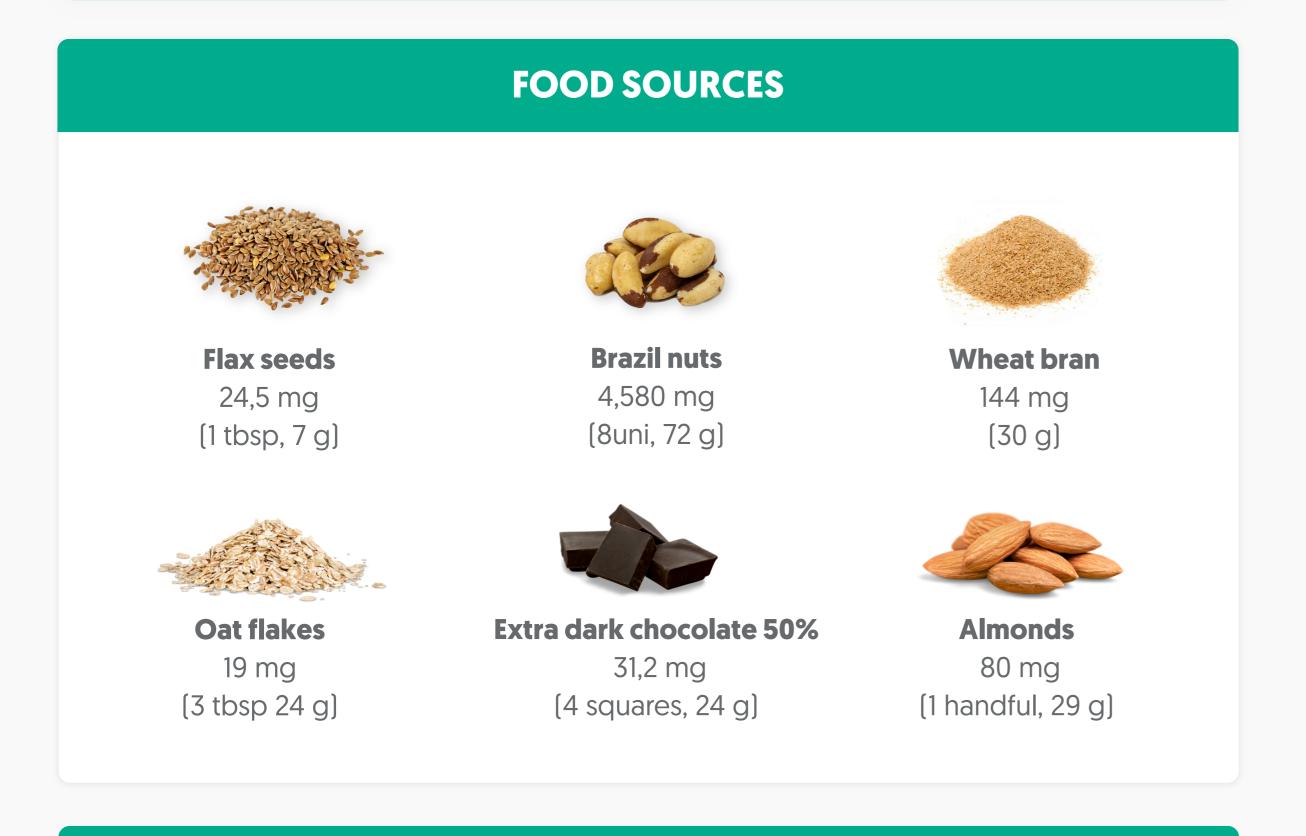


Magnesium is an essential mineral for the proper functioning of the human body. It is involved in more than 300 metabolic reactions in the body. It is essential to the maintenance of a regular heartbeat, the metabolism of lipids, as well as the regulation of blood sugar and blood pressure.



SIGNS OF DEFICIENCY

Magnesium deficiency can have many pathological consequences such as **gastrointestinal and renal disorders**. A deficiency can lead to hypocalcemia and hypokalemia with **cardiac and neurological symptoms**.

