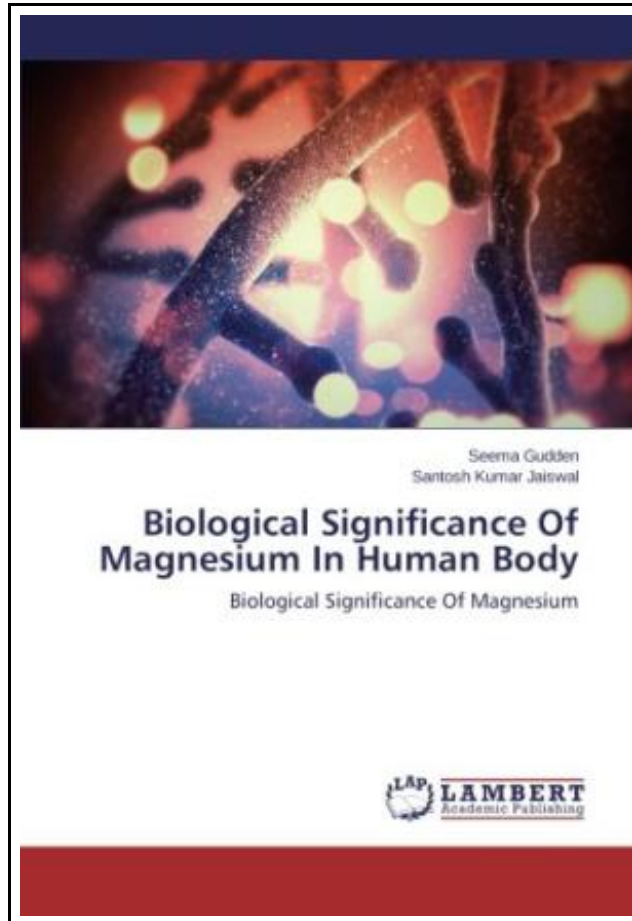


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LAP Lambert Academic Publishing Jul 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x7 mm. Neuware - Magnesium is an essential mineral required by the body for maintaining normal muscle and nerve function, keeping a healthy immune system, maintaining heart rhythm, and building strong bones. Magnesium is also involved in at least 300 biochemical reactions in the body. A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorders, migraines, osteoporosis, and cerebral infarction. Conversely, consuming too much magnesium typically causes diarrhea as the body attempts to excrete the excess. The current DV for magnesium is 400mg. Below is a list of high magnesium foods, for more, see the lists of high magnesium foods by nutrient density, magnesium rich foods, vegetables high in magnesium, and fruits high in magnesium. 120 pp. Englisch.



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