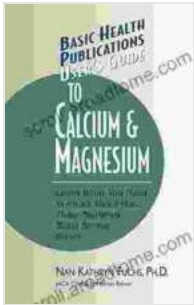


# Your Comprehensive Guide to Calcium and Magnesium for Optimal Health: A Review of "User Guide To Calcium Magnesium Basic Health Publications User Guide"



## User's Guide to Calcium & Magnesium (Basic Health Publications User's Guide) by Nan Kathryn Fuchs

★★★★☆ 4.6 out of 5

Language : English  
File size : 1610 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 98 pages



Calcium and magnesium are two essential minerals that play crucial roles in various bodily functions, including bone health, muscle contraction, nerve transmission, and immune response. Understanding the importance of these minerals and maintaining optimal levels is paramount for overall well-being.

The "User Guide To Calcium Magnesium Basic Health Publications User Guide" is a comprehensive resource that provides in-depth information on the significance of calcium and magnesium in human health. This guide delves into the functions of these minerals, their sources, the recommended daily intake, and the potential consequences of deficiency or excess.

# **The Vital Roles of Calcium and Magnesium**

## **Calcium:**

- Essential for strong and healthy bones and teeth
- Crucial for muscle contraction, including the heart muscle
- Involved in nerve transmission and brain function
- Plays a role in blood clotting and immune response

## **Magnesium:**

- Supports bone health and helps prevent osteoporosis
- Essential for muscle function and relaxation, reducing the risk of muscle cramps and spasms
- Involved in energy production and metabolism
- Plays a role in regulating blood pressure and heart rhythm

## **Sources of Calcium and Magnesium**

Calcium can be found in dairy products (milk, cheese, yogurt), leafy green vegetables (kale, spinach, collard greens), fortified cereals, and beans.

Magnesium is found in leafy green vegetables, nuts (almonds, cashews), seeds (pumpkin seeds, sunflower seeds), legumes (beans, lentils), and whole grains.

## **Recommended Daily Intake**

The recommended daily intake of calcium and magnesium varies depending on age, sex, and health status. Consult with a healthcare professional for personalized recommendations.

#### Recommended Daily Intake of Calcium and Magnesium

<b>Age Group</b>	<b>Calcium (mg)</b>	<b>Magnesium (mg)</b>
0-6 months	200	30
7-12 months	260	75
1-3 years	700	80
4-8 years	1,000	130
9-13 years	1,300	240
14-18 years (females)	1,300	360
14-18 years (males)	1,300	410
19-50 years (females)	1,000	310
19-50 years (males)	1,000	400
51-70 years (females)	1,200	320
51-70 years (males)	1,000	420
71+ years (females)	1,200	320
71+ years (males)	1,200	420

## **Consequences of Deficiency or Excess**

### **Calcium Deficiency:**

- Weak and brittle bones, increasing the risk of osteoporosis
- Muscle cramps and spasms
- Numbness and tingling in the hands and feet
- Increased risk of cardiovascular disease

### **Calcium Excess:**

- Constipation
- Nausea and vomiting
- Kidney stones
- Increased risk of heart disease

### **Magnesium Deficiency:**

- Muscle cramps and spasms
- Headaches and migraines
- Fatigue and weakness
- Difficulty sleeping

### **Magnesium Excess:**

- Diarrhea

- Nausea and vomiting
- Low blood pressure
- Irregular heartbeat

## **The "User Guide To Calcium Magnesium Basic Health Publications User Guide": A Comprehensive Resource**

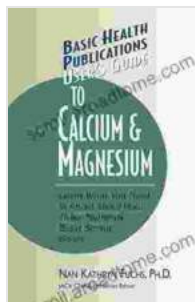
The "User Guide To Calcium Magnesium Basic Health Publications User Guide" is an invaluable resource for anyone seeking a comprehensive understanding of calcium and magnesium. This guide provides:

- A detailed overview of the functions of calcium and magnesium
- Information on sources and recommended daily intake
- Guidance on how to improve calcium and magnesium intake through diet
- Explanation of the consequences of deficiency or excess
- Tips for maintaining optimal levels

This guide is essential for individuals who want to optimize their health and well-being. By understanding the vital roles of calcium and magnesium, readers can make informed choices to ensure they are meeting their nutritional needs and maintaining adequate levels of these essential minerals.

Calcium and magnesium are essential minerals that play a crucial role in various aspects of human health. By understanding their functions, sources, and recommended intake, individuals can make informed decisions to optimize their calcium and magnesium levels. The "User Guide

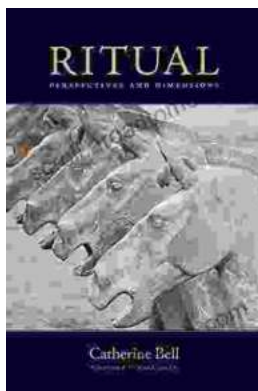
To Calcium Magnesium Basic Health Publications User Guide" serves as a comprehensive resource for anyone seeking a deeper understanding of these vital minerals and their impact on well-being.



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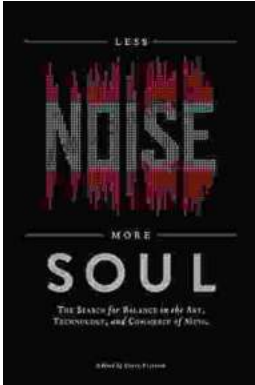
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