Experts Reveal the Facts About Hypomagnesemia and Hypermagnesemia

Alana McIntosh April 27, 2017

Experts recommend that consumers should make an effort to have sufficient amounts of magnesium in their bodies.

(Newswire.net -- April 27, 2017) Orlando, FL -- Magnesium is one of the most vital minerals in the body. While it plays a role in many of the body's functioning, its importance is often overlooked. This is why there are individuals who have abnormally low or high levels of magnesium in their body.

Experts reveal the facts about hypomagnesemia and hypermagnesemia. These two are described as electrolyte imbalances of magnesium. This mineral can be found in many plant-based food sources.

According to experts, hypomagnesemia pertains to levels of magnesium that are abnormally low. However, it can't also be equated to magnesium deficiency. This is due to the fact that hypomagnesemia pertains to a measure of levels of magnesium in the blood rather than in the body.

There are various factors that could cause hypomagnesemia, and this includes stress, diuretics, malabsorption of magnesium, chronic alcohol intake, and diarrhea. It is often diagnosed with hypokalemia.

Magnesium is believed to have the ability to inhibit potassium release from cells. It also improves its reabsorption in the kidney tubules. Thus, there is an increasing loss of potassium when the magnesium levels are low.

It has been suspected that the association between potassium and magnesium is one reason why certain diuretics result in severe hypokalemia.

It is further worth mentioning that potassium and magnesium are interlinked in the development of a condition called arrhythmia. This mineral is necessary for the proper functioning of the Na+/K+/ATPase pump in the cells of the heart.

In cases of hypomagnesemia and magnesium deficiency, there is an improper depolarization of the heart. This results in the heart beat going out of rhythm.

Hypermagnesemia, on the other hand, is a rare condition, and this is due to the fact that the kidney excretes excess magnesium on a regular basis. However, it is also important to understand that hypermagnesemia is common in individuals with kidney failure who are taking drugs that contain magnesium.

Hypermagnesemia typically involves hyperkalemia and hypocalcemia. Thus, it results in symptoms such as respiratory depression, weakness, nausea, hypotension, arrhythmia, vomiting, and cardiac arrest.

In a study published in the Biology of the Neonate, it was found that pregnant rats fed with low-magnesium diet had babies with increased mortality rate. They also had significantly high levels of edema and hemorrhages.

Experts recommend that consumers should make an effort to have sufficient amounts of magnesium in their bodies. One of the best ways to do it is to use the Purest Vantage Magnesium Oil Spray with Aloe Vera.

This product can be sprayed on the skin to deliver abundant levels of magnesium (amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I).

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