Magnesium Is Believed to Help Reduce Insulin Resistance

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(Newswire.net -- December 26, 2017) Orlando, FL -- Minerals such as magnesium have been found to be useful for various health-based reasons. It may even be beneficial for sufferers of diabetes, which is a condition that affects many people from around the world today.

Magnesium is believed to help reduce insulin resistance, which is considered to be one of the top causes of metabolic syndrome and type 2 diabetes. According to experts, it is often characterized by impairment in the ability of the liver and muscle cells to absorb sugar properly from the bloodstream.

Some researchers believe that magnesium plays a vital role in this process, and there are many metabolic syndrome sufferers who are deficient. It is further worth remembering that high insulin levels, which accompany insulin resistance, actually result in the loss of magnesium in the urine and this decreases the body’s levels.

The good news is that increasing magnesium intake has been found to be helpful. In a study, it was found that magnesium supplementation has resulted in a reduction in insulin resistance and blood sugar levels. It was even found to be helpful to individuals with normal blood levels.

Thus, the researchers suggest that increasing magnesium intake may potentially enhance insulin resistance in individuals with type 2 diabetes and metabolic syndrome.

Increasing magnesium intake may potentially help by not just reducing insulin resistance but also the risk of various health threats. Since magnesium plays a critical role in many of the processes of the body, it is not surprising that its deficiency could lead to certain symptoms or conditions.

Unfortunately, there are many people who are deficient of this mineral. Health experts suggest that those who do not possess adequate levels of this mineral inside their bodies should do the measures necessary to avoid magnesium deficiency.

To experience the best possible effects of magnesium, consumers may take into account the use of Purest Vantage magnesium oil spray. This amazingly pure and potent formula comes in a large 12 fluid ounce bottle that delivers 3,575 mg of elemental magnesium.

This may be an extremely easy way to increase magnesium levels in the body. All consumers need to do is spray this product on. It is worth remembering that 60% of what is applied on the skin surface may be absorbed by the body.

Plus, this extra-strength magnesium spray also comes with a customer satisfaction guarantee offer. It is made in an FDA-approved facility in the United States without the use of harmful ingredients and dangerous processes.

(http://amazon.com/Pure-Magnesium-Oil-Spray-Transdermal/dp/B011T9TASI)

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