Low Magnesium Intake May Be Linked With Chronic Inflammation

Melissa Scott July 11, 2018

Divine Bounty Magnesium Citrate could be a great source of this mineral’s therapeutic goodness. This supplement is carefully crafted to deliver the therapeutic goodness of magnesium.

(Newswire.net -- July 11, 2018) Orlando, FL -- Magnesium is one of the macro-minerals that is needed for human health. When there are insufficient levels of this mineral, it could potentially lead to various undesirable health consequences.

Low magnesium intake may be linked with chronic inflammation. According to some experts, chronic, low-level inflammation appears to play a role in the development of a variety of diseases. This includes Type 2 diabetes, heart disease, Alzheimer’s, cancer and even depression.

It is worth mentioning that inflammation, particularly the acute kind, is good for protection against injury and infection. However, when this protective response is constantly triggered, it can cause more damage than healing. This is what happens in cases of autoimmune conditions like rheumatoid arthritis.

There could be many reasons behind chronic inflammation, and one is having low magnesium intake. It is important to understand that magnesium plays a significant role in hundreds of processes and functioning inside the body.

It is a macro-mineral that can be obtained from eating certain types of food and using some supplements. This includes Divine Bounty Magnesium Citrate.

According to some experts, low consumption of magnesium is associated with chronic inflammation. It is important to understand that chronic inflammation is considered to be one of the drivers of obesity, aging, and chronic disease.

In a study, it was found that children with the lowest levels of blood magnesium had the highest levels of CRP, which is an inflammatory marker. They further had increased levels of insulin, blood sugar, and triglyceride levels.

According to researchers, magnesium supplementation can decrease CRP as well as other markers in older adults, those with prediabetes, and overweight individuals. It was also discovered that consumption of high-magnesium foods can decrease inflammation.

Divine Bounty Magnesium Citrate could be a great source of this mineral’s therapeutic goodness. This supplement is carefully crafted to deliver the therapeutic goodness of magnesium. What makes it even more beneficial is that it has citric acid.

Citric acid works by increasing the absorption of magnesium inside the body. This means that for every intake of this formula, consumers would be able to maximize the therapeutic effects of the mineral.

This supplement is also pure and free from nasty ingredients and contaminants, such as binders, fillers, additives, GMOs, and preservatives. It could be extremely helpful for warding off inflammation and preventing it from wreaking havoc on health.

This amazing formula also comes with a complete customer satisfaction guarantee. It is also made in a Good Manufacturing Practices (GMP) facility that follows the strict guidelines and standards set by the FDA.

(http://www.amazon.com/Divine-Bounty-Magnesium-Citrate-Supplement/dp/B01LYWPNY6)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced

Divine Bounty

12001 Research Parkway
Suite 236 A
Orlando, FL 32826
United States
(407) 545 7738
media@divinebounty.com
http://www.DivineBounty.com

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