

Emerging Studies Now Highlight Magnesium's Disease-Fighting Benefits

Melissa Scott June 12, 2019



Divine Bounty Magnesium Citrate is an amazing formula known for its high potency, and it even contains a bioavailability-enhancing ingredient called citric acid.

([Newswire.net](https://www.newswire.net) -- June 12, 2019) Orlando, FL -- According to the National Institutes of Health (NIH), this mineral called magnesium is practically a wonder drug.

Experts have long stressed the importance of this mineral, but it appears that only a few are aware of it. Magnesium is involved in hundreds of processes inside the body.

Scientists suggest it aids in regulating blood sugar levels, maintaining muscles and nerves, preventing heart attacks, and promoting normal blood pressure.

Dr. Carolyn Dean, an MD and naturopath, in her book called *The Magnesium Miracle*, said that almost 80 percent of Americans are magnesium deficient.

Unfortunately, such a deficiency is linked with conditions like high blood pressure, heart disease, diabetes, and some muscular problems. In three huge studies, it has been found that a diet high in magnesium can reduce the risk of type 2 diabetes. Individuals who have diabetes have further been found to be low in magnesium.

Drs. Andrea Rosanoff, PhD, and Mildred Seelig, MD, authors of *The Magnesium Factor*, said that magnesium has effects that parallel those of statins.

The *Journal of the American College of Nutrition* has revealed that normal magnesium levels and statins reduce inflammation, prevent clotting, and prevent arterial plaques.

It is however important to understand that statins increase liver enzymes, and this leads not just in liver damage but also other side effects. The good news is that supplementation of magnesium aid in protecting muscles.

The NIH has said that some of the best sources of this macromineral are green vegetables, which include spinach. There are other sources like peas, nuts, and beans. It is worth remembering that there many factors that contribute to magnesium deficiency, and this particularly includes diet.

Researchers have long recommended that nourishing the body with this mineral and other nutrients are essential for health. There are many diseases and symptoms that are associated with the reduced levels of magnesium in the body.

Scientists have been conducting studies to investigate the powerful effects of this mineral in human health. While it is extremely important, many from around the world don't appear to realize its significance.

Experiencing its benefits may also be made, in addition to choosing the right foods, by using Divine Bounty Magnesium Citrate. This amazing formula is known for its high potency, and it even contains a bioavailability-enhancing ingredient called citric acid.

Citric acid increases the absorption of magnesium inside the body. This supplement is also crafted carefully in an FDA-inspected facility in the United States.

What makes it even more beneficial is that it is protected with a money back guarantee (<https://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 only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

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