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[10 Evidence-Based Health Benefits of Magnesium](#)
Magnesium is an important mineral for your body and brain. Here are 10 ways that magnesium can improve your health.

[Magnesium Health Professional Fact Sheet](#)

[Introduction: Magnesium, an abundant mineral in the body, is naturally present in many foods, added to other food products, available as a dietary supplement, and](#) [Magnesium - Wikipedia](#)

[Magnesium is a chemical element with symbol Mg and atomic number 12. It is a shiny gray solid which bears a close physical resemblance to the other five elements in](#) [Do You Need More Magnesium? 10 Signs to Watch For ...](#)

[10 Factors That Contribute to Low Magnesium -- Are you getting enough? Ask yourself these 10 questions and learn to recognize the early warning signs.](#)

[Magnesium: Uses, Side Effects, Interactions, Dosage, and ...](#)

[Learn more about Magnesium uses, effectiveness, possible side effects, interactions, dosage, user ratings and products that contain Magnesium.](#)

[13 Amazing Benefits of Magnesium | Organic Facts](#)

[Magnesium's benefits include maintaining bodily nerves, muscles and bones, relief from osteoporosis, diabetes, asthma, back pain and various psychiatric disorders.](#) [Magnesium Supplements: Benefits, Deficiency, Dosage ...](#)

[Are you getting enough magnesium in your diet? WebMD explains the importance of this mineral to your heart and blood pressure, how much you need, and its side effects.](#)

[8 Foods High in Magnesium | Everyday Health](#)

[Few people are aware of the enormous role magnesium-rich food plays in our health. Here are eight foods high in magnesium!](#)