

101 Uses for Magnesium

References

1. Cox, Robert D., & Osgood, Kevin A. (1994). Clinical Toxicology. *Evaluation of Intravenous Magnesium Sulfate for the Treatment of Hydrofluoric Acid Burns*, Vol. 32, No. 2 , pp. 123-136.
2. Mousain-Bosc M, MD; Roche M, PhD; Rapin J, MD, PhD; & Bali JP, MD, PhD (2004). Journal of the American College of Nutrition. *Magnesium VitB6 Intake Reduces Central Nervous System Hyperexcitability in Children*, Vol. 23 No. 5, pp. 5455-5485. Retrieved from: <http://www.jacn.org/content/23/5/545S.short>
3. Poikolainen K, & Alho H (2008). Substance Abuse Treatment, Prevention, and Policy. *Magnesium Treatment in Alcoholics: A Randomized Clinical Trial*, Vol.3 No.1, multiple page abstract. Retrieved from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2265283/>
4. L Kass, J Weekes, L Carpenter (2012). European Journal of Clinical Nutrition. *Effect of magnesium supplementation on blood pressure: a meta-analysis*, Vol. 66, pp. 411-418; DOI: [10.1038/ejcn.2012.4](https://doi.org/10.1038/ejcn.2012.4)
5. Ozturk S, & Cillier AE (2006). Medical Hypotheses. *Magnesium Supplementation in the Treatment of Dementia Patients*, Vol. 67, No.5, pp. 1223-5. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/16790324>
6. Cillier, AE Ozturk, S. Ozbakir, S., (2007). International Journal of Experimental, Clinical, Behavioural, Regenerative and Technological Gerontology. *Serum Magnesium Level and Clinical Deterioration in Alzheimer's Disease*, Vol.53, No.6, pp. 419-422. Retrieved from: <http://content.karger.com/produktedb/produkte.asp?typ=fulltext&file=000110873>
7. Scarpitta A., Pisciotta G., & Fierro B. (1994). The Italian Journal of Neurological Sciences. *Basal Ganglia calcifications and ALS Syndrome*, Vol. 15, No. 5, pp. 249-251. Retrieved from: <http://www.springerlink.com/content/3264211641623171/>
8. Theophanides T., & Anastassopoulou J. (1997). Kluwer Academic Publishers. *Magnesium: Current Status and New Developments: Theoretical, Biological, And Medical Aspects*.
9. Roden M.D., Dan M. (1989). The American Journal of Cardiology. *Magnesium Treatment of Ventricular Arrhythmias*, Vol. 63, No. 14, pp. G43-G48. Retrieved from: <http://www.sciencedirect.com/science/article/pii/0002914989902191>
10. Holzgartner, H. & Maier, E. & Vierling, W. (1990). Fortschr Med. *High-dosage Oral Magnesium Therapy in Arrhythmias: Results of an Observational Study in 1,160 Patients with Arrhythmias*, Vol.108 No. 28, pp. 539-542. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/2242840>
11. Fogarty A., Lewis S.A., Scrivener S.L., Antoniak M., Pacey S., Pringle M., & Britton, J. (2003). Clinical & Experimental Allergy. *Oral Magnesium and Vitamin C Supplements in Asthma: A Parallel Group Randomized Placebo-Controlled Trial*, Vol.33, No.10, pp. 1355-1359. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1046/j.1365-2222.2003.01777.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
12. Britton J., Pavord I., Richards K., Wisniewski, A., Knox, A., Lewis S., Tattersfield A., & Weiss, S. (1994). The Lancet. *Dietary Magnesium, Lung Function, Wheezing, and Airway Hyper-Reactivity in a Random Adult Population Sample*, Vol.344, No. 8919, pp. 357-362. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S0140673694913994>
13. Hallsworth AS, Robinson C, & Weatherbell JA (1972). Caries Research. *Mineral and magnesium distribution within the approximal carious lesion of dental enamel*, Vol 6, No. 2, pp. 156-68. PMID: 4502282
14. Goldman A.S., Van Fossan D.D., & Baird E.E. (1962). Pediatrics. *Magnesium Deficiency in Celiac Disease*, Vol. 29, No. 6, pp. 948-952. Retrieved from: <http://pediatrics.aappublications.org/content/29/6/948.short>
15. Nye C., & Brice A. (2005). Cochrane Database of Systematic Reviews. Combined Vitamin B6-Magnesium Treatment in Autism Spectrum Disorder, Issue 4, Art. No. CD003497. DOI: 10.1002/14651858.CD003497.pub2. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003497.pub2/abstract>

16. Singh N.P., Thind I.S., Vitale L.F., & Pawlow M. (1979). Archives of Environmental Health. *Intake of magnesium and toxicity of lead: an experimental model*, Vol. 34, No.3, pp.. 168-73. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/453925>
17. Maggio M., Ceda G.P., Lauretani F., Cattabiani C., Avantaggiato E., Morganti S., Ablondi F., Bandinelli S., Dominguez L.J., Barbagallo M., Paolisso G., Semba R.D., & Ferrucci L. (2011). International Journal of Andrology. *Magnesium and anabolic hormones in older men*, Vol. 34, No. 6 pt2, pp. e594-e600. DOI: 10.1111/j.1365-2605.2011.01193.x
18. Golf, S. W., Riediger, H., Matthes, S., Kuhn, D., Baumgärtner, C., Graef, V., Temme, H., Katz, N., Róka, L., & Cseke, J. (1990). Magnesium-Bulletin. *Effects of magnesium treatment on hyperlipidaemia*, Vol. 12, No. 4, pp. 138-143. ISSN 0172-908X
19. Cox I.M., Campbell M.J., & Dowson D. (1991). The Lancet. *Red blood cell magnesium and chronic fatigue syndrome*, Vol. 337, No. 8744, pp. 757-767. Retrieved from: [http://dx.doi.org/10.1016/0140-6736\(91\)91371-Z](http://dx.doi.org/10.1016/0140-6736(91)91371-Z)
20. Targovnik, Jerome H., Rodman, John S., & Sherwood, Louis M. (1971). The Endocrine Society. *Regulation of Parathyroid Hormone Secretion in Vitro: Quantitative Aspects of Calcium and Magnesium Ion Control*, Vol. 88, No. 6, pp. 1477-1482. Retrieved from: <http://endo.endojournals.org/content/88/6/1477.short>
21. Folsom A.R., & Hong, C.P. (2006) American Journal of Epidemiology. *Magnesium Intake and Reduced Risk of Colon Cancer in a Prospective Study of Women*, Vol. 163, No. 3, pp. 232-235. DOI: 10.1093/aje/kwj037
22. Song Y., Sesso H.D., Manson J.E., Cook N.R., Buring J.E., Liu S. (2006). American Journal of Cardiology. *Dietary Magnesium Intake and Risk of Incident Hypertension Among Middle-Aged and Older US Women in a 10-Year Follow-Up Study*, 98 (12), pp. 1616-1621. Retrieved from:
<http://www.sciencedirect.com/science/article/pii/S0002914906017164>
23. Kawano, Y., Matsuoka, H., & Takishita, S. (1998), American Heart Association. *Effects of Magnesium Supplementation in Hypertensive Patients*, Vol. 32, pp. 160-265. Retrieved from:
<http://hyper.ahajournals.org/content/32/2/260.short>
24. Zavaczki, Z., Szollosi, J., Kiss, S.A., Koloszar, S., Fejes, I., Kovacs, L., & Pal, A. (2003). Hungarian Magnesium Society. *Magnesium-orotate supplementation for idiopathic infertile male patients: a randomized, placebo-controlled clinical pilot study*, Magnesium Research. Vol 16, No. 2, pp. 131-6. Retrieved from:
<http://www.jle.com/e-docs/00/03/FA/5C/article.phtml>
25. King, D.E., MD, Mainous III, A.G., PhD, Geesey, M.E., MS, & Woolson, R.F., PhD (2005). American College of Nutrition. *Dietary Magnesium and C-reactive Protein Levels*, Vol. 24, No. 3, pp. 166-171. Retrived from:
<http://www.jacn.org/content/24/3/166.short>
26. Inna Slutsky, Nashat Abumaria, Long-Jun Wu, Chao Huang, Ling Zhang, Bo Li, Xiang Zhao, Arvind Govindarajan, Ming-Gao Zhao, Min Zhuo, Susumu Tonegawa and Guosong Liu (2010). Neuron. *Enhancement of Learning and Memory by Elevating Brain Magnesium*, Vol. 65, Issue 2, pp. 165-177. Retrieved from:
<http://www.cell.com/neuron/retrieve/pii/S0896627309010447>
27. Cohen, JS (2002). The Annals of Pharmacotherapy. *High-dose oral magnesium treatment of chronic, intractable erythromelalgia*, Vol. 36, No. 2, pp. 255-260. Retrieved from:
<http://www.theannals.com/content/36/2/255.short>
28. Johnansson, G, Backman, U, Danielson, BG, Fellstrom, B, Ljunghall, S, & Wikstrom, B (1982). Journal of the American College of Nutrition. *Effects of magnesium hydroxide in renal stone disease*, Vol. 1, No. 2, pp. 179-185. Retrieved from: <http://www.jacn.org/content/1/2/179.short>
29. Zimmermann DJ, Voss S, von Unruh GE, & Hesse A (2005). Urologia Internationalis. *Importance of Magnesium in Absorption and Excretion of Oxalate*, Vol. 74, No. 3, pp. 262-267. Retrieved from:
<http://content.karger.com/ProdukteDB/produkte.asp?Aktion=ShowAbstractBuch&ArtikelNr=83560&ProduktNr=230715>

30. Tukiendorf, A, & Rybak, Z, (2004, March). Magnesium Research. *New data on ecological analysis of possible relationship between magnesium in drinking water and liver cancer*, Vol. 17, No. 1, pp. 46-52. Retrieved from: <http://www.jle.com/e-docs/00/03/FF/79/article.phtml>
31. Cristea, V, Crisan, M (2003). Magnesium Research. *Lyme disease with magnesium deficiency*, Vol. 16, No. 4, pp. 287-9. Retrieved from: http://www.jle.com/fr/revues/bio_rech/mrh/e-docs/00/03/FD/D1/article.md
32. He, K, MD, ScD; Liu, K, PhD; Daviglus, ML, MD, PhD; Morris, SJ, PhD; Loria, CM, PhD, Van Horn, L, PhD; Jacobs Jr, DR, PhD; Savage, PJ, MD (2006). Circulation. *Magnesium Intake and Incidence of Metabolic Syndrome Among Young Adults*, Vol. 113, pp. 1675-1682. Retrieved from: <http://circ.ahajournals.org/content/113/13/1675.short>
33. He, K, MD; Song, Y, MD, Scd; Belin, RJ, PhD; & Chen, Y, PhD (2007). Journal of CardioMetabolic Syndrome. *Magnesium Intake and the Metabolic Syndrome: Epidemiologic Evidence to Date*, Vol. 1, No. 5, pp. 351-355. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1559-4564.2006.05702.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
34. Bigal, ME; Bordini, CA; Tepper, SJ, & Speciali, JG (2002). Cephalgia. *Intravenous Magnesium Sulphate in the Acute Treatment of Migraine Without Aura and Migraine with Aura. A Randomized, Double-Blind, Placebo-Controlled Study*, Vol. 22, No. 5, pp. 345-353. Retrieved from: <http://cep.sagepub.com/content/22/5/345.short>
35. Lichodziejewska, B, MD; Jadwiga Kłoś, J, MD; Rezler, J, MD; Grudzka, K, MD; Dłużniewska, M, MD; Budaj, A, MD; Ceremużyński, L, MD, PhDa (1997). The American Journal of Cardiology. *Clinical Symptoms of Mitral Valve Prolaps Are Related to Hypomagnesemia and Attenuated by Magnesium Supplementation*, Vol. 79, No. 6, pp. 768-772. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S000291499600865X>
36. Jacka, FN; Overland, S; Stewart, R; Tell, GS; Bjelland, I; & Mykletun, A (2009). Australian and New Zealand Journal of Psychiatry. *Association between magnesium intake and depression and anxiety in community-dwelling adults: the Hordaland Health Study*, Vol. 43, No. 1, pp. 45-52. Retrieved from: <http://informahealthcare.com/doi/abs/10.1080/00048670802534408>
37. Yasui, M, Yase, Y, Ando, K, Adachi, K, Mukoyama, M, & Ohsugi, K (1990). Acta Neurologica Scandanavica. *Magnesium concentration in brains from multiple sclerosis patients*, Vol. 81, No. 3, pp. 197-200. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0404.1990.tb00965.x/abstract>
38. Yasui, M, & Ota, K (1992). Magnesium Research. *Experimental and clinical studies of dysregulation of magnesium metabolism and the aetiopathogenesis of multiple sclerosis*, Vol. 5, No. 4, pp. 295-302. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/1296766>
39. Winkler, AW, Smith, PK, & Hoff, HE (1942). Journal of Clinical Investigation. *Intravenous magnesium sulfate in the treatment of nephritic convulsions in adults*, Vol. 21, No. 2, pp. 207-216. Retrieved from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC435132/?page=1>
40. Cundy, T, & Dissanayake, A (2008). Clinical Endocrinology. *Severe hypomagnesaemia in long-term users of proton-pump inhibitors*, Vol. 69, No. 2, pp. 338-341. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2265.2008.03194.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
41. Cocco, G., Iselin, H.U., Strozzi, C., Cesana, B., & Baumeler, H.R. (1987). European Journal of Clinical Pharmacology. *Magnesium depletion in patients on long-term chlorthalidone therapy for essential hypertension*, Vol. 32, No. 4, pp. 335-338. Retrieved from: <http://www.springerlink.com/content/u51346w213147836/>
42. Belluci, M.M., Giro, G., Landazuri del Barrio, R.A., Pereira, R.M.R., Marcantonio Jr., E., & Orrico, S.R.P. (2011). Clinical Oral Implants Research. *Effects of magnesium intake deficiency on bone metabolism and bone tissue around osseointegrated implants*, Vol. 22, No. 7, pp. 716-721. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0501.2010.02046.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
43. Sojka J.E., VMD (1995) Nutrition Reviews. Magnesium Supplementation and Osteoporosis, Vol. 53, Issue 3, pp 71-74. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1753-4887.1995.tb01505.x/abstract>

44. Nimmo, J., Finalyson, N.D.C., Smith, A.F., & Shearman, D.J.C. (1970). GUT. *The production of calcium and magnesium during pancreatic function tests in health and disease*, Vol. 11, pp. 163-166. Retrieved from: <http://gut.bmjjournals.org/content/11/2/163.abstract>
45. Hashimoto, T., Nishi, K., Nagasao, J., Tsuji, S., & Oyanagi, K. (2007). Brain Research. *Magnesium exerts both preventive and ameliorating effects in an in vitro rat Parkinson disease model involving 1-methyl-4-phenylpyridinium (MPP⁺) toxicity in dopaminergic neurons*, Vol. 1197, No. 4, pp. 143-151. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S000689930702971X>
46. Hornyak M, Voderholzer U, Hohagen F, Berger M, & Riemann D (1998). Sleep. Magnesium therapy for periodic leg movements-related insomnia and restless legs syndrome: an open pilot study, Vol 21, No. 5, pp. 501-5. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/9703590>
47. Walker, A.F., De Souza, M.C., Vickers, M.F., Abeysekera, S., Collins, M.L., & Trinca, L.A. (1998). Journal of Women's Health. *Magnesium Supplementation Alleviates Premenstrual Symptoms of Fluid Retention*, Vol. 7, No. 9. Retrieved from: <http://online.liebertpub.com/doi/abs/10.1089/jwh.1998.7.1157?prevSearch=allfield%253A%2528pms%2529&searchHistoryKey=>
48. Tramer, Martin R. MD; Schneider, Jurg MD; Marti, Rene-Andreas MD; Rifat, Kaplan MD (1996). Anesthesiology. *Role of Magnesium Sulfate in Postoperative Analgesia*, Vol. 84, No. 2, pp. 340-347. Retrieved from: http://journals.lww.com/anesthesiology/Abstract/1996/02000/Role_of_Magnesium_Sulfate_in_Postoperative_11.aspx
49. Durlach J, Pagès N, Bac P, Bara M, Guiet-Bara A. (2004). Magnesium Research. *New data on the importance of gestational Mg deficiency*, Vol 17, No. 2, pp. 116-25. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/15319145>
50. Chien, P.F.W., Khan, K.S., Arnott, N. (1996). BJOG: An International Journal of Obstetrics & Gynaecology. *Magnesium sulphate in the treatment of eclampsia and pre-eclampsia: an overview of the evidence from randomised trials*, Vol. 103, No. 11, pp. 1085-1091. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.1996.tb09587.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
51. Harkema, JM, Chaudry, IH (1992). Critical Care Medicine. *Magnesium-adenosine triphosphate in the treatment of shock, ischemia, and sepsis*, Vol. 20, No. 2, pp. 263-75. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/1737460>
52. Caddell JL (2001). Magnesium Research. *Magnesium deficiency promotes muscle weakness, contributing to the risk of sudden infant death (SIDS) in infants sleeping prone*, Vol. 14, No. 1-2, pp. 39-50. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/11300621>
53. Durlach J, Durlach V, Rayssiguier Y, Ricquier D, Goubern M, Bertin R, Bara M, Guiet-Bara A, Olive G, Mettey R (1991). Magnesium Research. *Magnesium and thermoregulation. I. Newborn and infant. Is sudden infant death syndrome a magnesium-dependent disease of the transition from chemical to physical thermoregulation?* Vol. 4, No. 3-4, pp. 137-152. Retrieved from: PMID:1799550
54. Durlach J, Pages N, Bac P, Baba M, & Guiet-Bara A (2002). Magnesium Research. *Magnesium deficit and sudden infant death syndrome (SIDS): SIDS due to magnesium deficiency and SIDS due to various forms of magnesium depletion: possible importance of the chronopathological form*, Vol. 15, No. 3-4, pp. 269-78. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/12635883>
55. Brilla, LR, and Haley, TF (1992). Journal of the American College of Nutrition. *Effect of magnesium supplementation on strength training in humans*, Vol. 11, No. 3, pp. 326-329. Retrieved from: <http://www.jacn.org/content/11/3/326.short>

56. Seelig, M.S., MD, MPH, Master CAN (1994). Journal of the American College of Nutrition. *Consequences of Magnesium Deficiency on the Enhancement of Stress Reactions; Preventative and Therapeutic Implications*, Vol. 13, No. 5, Pg 429-446. Retrieved from: http://www.magnezum.info/images/stres_2.pdf
57. Henrotte JG, Aymard N, Allix M, Boulu RG (1995). Annals of Nutrition and Metabolism. *Effect of Pyridoxine and Magnesium on Stress-Induced Gastric Ulcers in Mice Selected for Low or High Blood Magnesium Levels*, Vol. 39, No.5, pp. 285-290. Retrieved from:
<http://content.karger.com/ProdukteDB/produkte.asp?Aktion=ShowAbstractBuch&ArtikelNr=177874&ProduktNr=240035>
58. Muir, KW (1998). Magnesium Research. *New experimental and clinical data on the efficacy of pharmacological magnesium infusions in cerebral infarcts*, Vol. 11, No. 1, pp. 43-56. Retrieved from:
<http://ukpmc.ac.uk/abstract/MED/9595548>
59. Thwaites CL, MRCP; Yen LM, MD; Loan HT, MD; Thuy TTD; Thwaites GE, MRCP; Stepniewska K, PhD; Soni N, FRCA; White NJ, FRCP; Farrar JJ, FRCP (2006). The Lancet. *Magnesium sulphate for treatment of severe tetanus: a randomized controlled trial*, Vol. 368, No. 9545, pp. 1436 – 1443. Retrieved from:
<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2806%2969444-0/fulltext>
60. Tibbetts DM, & Aub JC (1937). Journal of Clinical Investigation. *Magnesium Metabolism in Health and Disease. II. The Effect of the Parathyroid Hormone*, Vol. 16, No. 4, pp. 503-509. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC424888/>
61. Grimaldi BL (2002). Medical Hypothesis. *The central role of magnesium deficiency in Tourette's syndrome: causal relationships between magnesium deficiency, altered biochemical pathways and symptoms relating to Tourette's syndrome and several reported comorbid conditions*, Vol. 58, No. 1, pp. 47 – 60. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/11863398>
62. Mills JT, Parsonnet J, tsai YC, Kendrick M, Hickman RK, & Kass EH (1985). The Journal of Infectious Diseases. *Control of Production of Toxic-Shock-Syndrome Toxin-1 (TSST-1) by Magnesium Ion*, Vol. 151, No. 6, pp. 1158 – 1161. Retrieved from:
<http://www.jstor.org/discover/10.2307/30130101?uid=3739560&uid=2&uid=4&uid=3739256&sid=55951206103>
63. Muir KW, Lees KR, Ford I, Davis S (2004). The Lancet. *Magnesium for acute stroke (Intravenous Magnesium Efficacy in Stroke trial): randomized controlled trial*, Vol. 363, No. 9407, pp. 439-45. Retrieved from:
<http://ukpmc.ac.uk/abstract/MED/14962524/reload=0;jsessionid=wSIMIZKMvG5Kgen38ihl.138>
64. Durlach J, Pagès N, Bac P, Bara M, Guiet-Bara A (2004). Magnesium Research. *New data on the importance of gestational Mg deficiency*, Vol. 17, No. 2, pp. 116-25. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/15319145>
65. Facchinetto F, Battaglia C, Benatti R, Borella P, Genazzani AR (1992). Magnesium Research. *Oral magnesium supplementation improves fetal circulation*, Vol. 5, No. 3, pp. 179-81. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/1467155>
66. Abu-Osba YK, Galal O, Manasra K, Rejjal A (1992). Archives of Disease in Childhood. *Treatment of severe persistent pulmonary hypertension of the newborn with magnesium sulphate*, Vol 67, No. 31, pp. 31-35. Retrieved from: http://adc.bmjjournals.org/content/67/1_Spec_No/31.abstract
67. Doyle W, Crawford MA, Wynn AH, Wynn SW (1989). Magnesium Research. *Maternal magnesium intake and pregnancy outcome*, Vol. 2, No. 3, pp. 205-10. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/2640903>
68. Takaya J, Yamato F, & Kaneko K (2006). Magnesium Research. *Possible relationship between low birth weight and magnesium status: from the standpoint of "fetal origin" hypothesis*, Vol. 19, No. 1, pp. 63-9. Retrieved from:
http://www.jle.com/en/revues/bio_rech/vir/e-docs/00/04/18/F3/article.md
69. Proksch E, Nissen HP, Bremgartner M, Urquhart C (2005). International Journal of Dermatology. *Bathing in a magnesium-rich Dead Sea salt solution improves skin barrier function, enhances skin hydration, and reduces*

- inflammation in atopic dry skin*, Vol. 44, No. 2, pp. 151-7. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/15689218>
70. Chouinard G, Beauclair L, Geiser R, Etienne P (1990). *Prog Neuropsychopharmacol Biol Psychiatry. A pilot study of magnesium aspartate hydrochloride (Magnesiocard) as a mood stabilizer for rapid cycling bipolar affective disorder patients*, Vol.14, pp. 171-180.
71. Heiden A, Frey R, Presslich O, et al (1999). *Psychiatry Res. Treatment of severe mania with intravenous magnesium sulphate as a supplementary therapy*, Vol. 89, pp. 239-246.
72. Kaplan BJ, Crawford SG, Field CJ, Simpson JS (2007). *Psychol Bull. Vitamins, minerals, and mood*. Vol.133:747-760.
73. Kantak KM (1988). *Behav. Neurosci. Magnesium deficiency alters aggressive behavior and catecholamine function*, Vol. 102, No. 2, pp. 304-11.
74. Henrotte JG (1986) *Magnesium . Type A behavior and magnesium metabolism*, Vol. 5, pp. 201-10.
75. Banki CM et al (1985) *Biol. Psychiatry. Cerebrospinal fluid magnesium and calcium related to amine metabolites, diagnosis, and suicide attempts*, Vol. 20, No. 2, pp. 163-71.
76. Abumaria N, Yin B, Zhang L, Li XY, Chen T, Descalzi G, Zhao L, Ahn M, Luo L, Ran C, Zhuo M, & Liu G (2011). *The Journal of Neuroscience. Effects of Elevation of Brain Magnesium on Fear Conditioning, Fear Extinction, and Synaptic Plasticity in the Infralimbic Prefrontal Cortex and Lateral Amygdala*, Vol. 31, No. 42, pp. 14871-14881. Retrieved from: <http://neuro.cjb.net/content/31/42/14871.short>
77. Eby GA, Eby KL (2006). *Medical Hypothesis. Rapid recovery from major depression using magnesium treatment*, Vol 67, No 2, pp. 362-370. Retrieved from: <http://www.medical-hypotheses.com/article/S0306-9877%2806%2900103-4/abstract>
78. Greiner J, Diezel W (1990). *Hautarzt. Inflammation-inhibiting effect of magnesium ions in contact eczema reactions*, Vol. 41, No. 11, Pg 602-5. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/2276913>
79. Roffe C, Sills S, Crome P, Jones P (2002). *Medical Science Monitor. Randomised, cross-over, placebo controlled trial of magnesium citrate in the treatment of chronic persistent leg cramps*, Vol. 8, No. 5, CR326-30. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/12011773>
80. Lim P, & Jacob E (1972). *QJM. Magnesium Deficiency in Liver Cirrhosis*, Vol. 41, No. 3, pp. 291-300. Retrieved from: <http://qjmed.oxfordjournals.org/content/41/3/291.short>
81. Rondanelli M, Phd; Opizzi A; Monteferrario F, Phd; Antoniello N, MD; Manni R, MD; Klersy C, MD (2011). *Journal of the American Geriatric Society. The Effect of Melatonin, Magnesium, and Zinc on Primary Insomnia in Long-Term Care Facility Residents in Italy: A Double-Blind, Placebo-Controlled Clinical Trial*, Vol. 59, No. 1, pp. 82-90. Retrieved from: <http://onlinelibrary.wiley.com/doi/10.1111/j.1532-5415.2010.03232.x/abstract?userIsAuthenticated=false&deniedAccessCustomisedMessage=>
82. Durlach J, Pagès N, Bac P, Bara M, Guiet-Bara A (2002). *Magnesium Research. Magnesium deficit and sudden infant death syndrome (SIDS): SIDS due to magnesium deficiency and SIDS due to various forms of magnesium depletion: possible importance of the chronopathological form*, Vol. 15, No. 3-4, pp. 269-78. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/12635883>
83. Mazur A, Maier JAM, Rock E, Gueux E, Nowacki W, Rayssiguier (2007). *Archives of Biochemistry and Biophysics. Magnesium and the inflammatory response: Potential physiopathological implications*, Vol. 458, No. 1, p. 48-56. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S0003986106001366>
84. Ford ES (1999). *International Journal of Epidemiology. Serum magnesium and ischaemic heart disease: findings from a national sample of US adults*, Vol. 28, No. 4, pp. 645-651. Doi:10.1093/ije/28.4.645
85. Rubenowitz W, Axelsson G, & Rylander R (1996). *American Journal of Epidemiology. Magnesium in Drinking Water and Death from Acute Myocardial Infarction*, Vol. 143, No. 5, pp. 456-462. Retrieved from: <http://aje.oxfordjournals.org/content/143/5/456.short>

86. Attias J, Sapir S, Bresloff I, Reshef-Haran I, & Ising H (2004). Clinical Otolaryngology & Allied Sciences. *Reduction in noise-induced temporary threshold shift in humans following oral magnesium intake*, Vol. 29, No. 6, p. 635-641. DOI: 10.1111/j.1365-2273.2004.00866.x
87. Heath DL & Vink R (1998). Journal of Neurotrauma. *Neuroprotective Effects of MgSO₄ and MgCl₂ in Closed Head Injury: A Comparative Phosphorus NMR Study*, Vol. 15, No. 3, pp. 183-189. doi:10.1089/neu.1998.15.183.
88. Bettinelli A, Basilico E, Metta MG, Borella P, Jaeger P & Bianchetti MG (1999). Pediatric Nephrology. *Magnesium supplementation in Gitelman syndrome*, Vol. 13, No. 4, pp. 311-314. DOI: 10.1007/s004670050615
89. Keen CL, Lowney P, Gershwin ME, Hurley LS, & Stern JS (1987). Metabolism. *Dietary magnesium intake influences exercise capacity and hematologic parameters in rats*, Vol. 36, No. 8, pp. 788-793. Retrieved from: [http://dx.doi.org/10.1016/0026-0495\(87\)90118-1](http://dx.doi.org/10.1016/0026-0495(87)90118-1)
90. Gupta SK, Manhas AS, Gupta VK, & Bhatt R (1994). Journal of Associated Physicians India. *Serum magnesium levels in idiopathic epilepsy*, Vol. 42, No. 6, pp.456-7. PMID: 7852227
91. Rondon LJ, Privat AM, Daulhac L, Davin N, Mazur A, Fialip J, Eschalier A, & Courteix C (2010). The Journal of Physiology. *Magnesium attenuates chronic hypersensitivity and spinal cord NMDA receptor phosphorylation in a rat model of diabetic neuropathic pain*, Vol. 588, No. 21, pp. 4205-4215. DOI: 10.1113/jphysiol.2010.197004
92. Song Y, Manson JE, Buring JE, & Liu S (2004). Diabetes Care. *Dietary Magnesium Intake in Relation to Plasma Insulin Levels and Risk of Type 2 Diabetes in Women*, Vol. 27, No. 1 pp. 59-65. DOI: 10.2337/diacare.27.1.59
93. Rodriguez-Moran M., MD, MSC & Guerrero-Romero M, MD (2003). Diabetes Care. *Oral Magnesium Supplementation Improves Insulin Sensitivity and Metabolic Control in Type 2 Diabetic Subjects*, Vol. 26 no. 4, pp. 1147-1152. DOI: 10.2337/diacare.26.4.1147
94. Ozturk S (2006). Medical Hypothesis. *Magnesium supplementation in the treatment of dementia patients*, Vol. 67, No. 5, p.1223-1225. Retrieved from: <http://dx.doi.org/10.1016/j.mehy.2006.04.047>
95. Main ANH, Morgan RJ, Russell RI, Hall MJ, Mackenzie JF, Shenkin A, & Fell GS (1981). Journal of Parenteral & Enteral Nutrition. *Mg Deficiency in Chronic Inflammatory Bowel Disease and Requirements During Intravenous Nutrition*, Vol. 5, No. 1, p. 15019. doi: 10.1177/014860718100500115
96. Nielsen FH & Lukaski HC (2006). Magnesium Research. *Update on the relationship between magnesium and exercise*, Vol. 19, No. 3, pp. 180-189. DOI : 10.1684/mrh.2006.0060
97. Schechter M (2003). American Journal of Cardiovascular Drugs. *Does Magnesium Have a Role in the Treatment of Patients with Coronary Artery Disease?*, Vol. 3, No. 4, pp.231-239. Retrieved from: <http://www.ingentaconnect.com/content/adis/acv/2003/00000003/00000004/art00001>
98. Walker AF, De Souza MC, Vickers MF, Abeysekera S, Collins ML, & Trinca LA (1998). Journal of Women's Health. *Magnesium Supplementation Alleviates Premenstrual Symptoms of Fluid Retention*, Vol. 7, No. 9, pp. 1157-1165. DOI:10.1089/jwh.1998.7.1157

If you find any broken links or errors, please let us know and we will fix and update our list.