

Magnesium Supplementation May Reduce Risk of Diabetes.

By Diabetes, Obesity and Metabolism

Diabetes mellitus is a chronic condition of insufficient insulin availability in relation to need. This can represent an absolute insulin deficiency, impaired insulin secretion, defective insulin receptors on target cells, or insulin that is inactivated before it is able to function. Diabetes mellitus is a disease in which the body does not produce or does not use insulin effectively. It is not simply hyperglycemia.

Magnesium is involved in the interaction of more than 300 enzyme reactions in the body. It is necessary for the transmission of nerve impulses, temperature regulation, detoxification, energy production and the formation of healthy bones and teeth. It is also vital for cardiovascular health.

Results from a recent study suggest that supplementation with magnesium reduces insulin resistance and lowers the risk of developing type 2 diabetes in overweight people. The double-blind, placebo-controlled, randomized trial included 52 volunteers who either received a daily dose of 365 mg magnesium or placebo for six months. The results revealed that insulin sensitivity improved significantly following magnesium supplementation. It was also found that fasting glucose levels improved by about seven percent in the magnesium group. These findings suggest that magnesium plays a significant role in improving insulin sensitivity and reducing the risk of type 2 diabetes in overweight people.¹

¹ Mooren FC, Kruger K, Volker K, et al. Oral magnesium supplementation reduces insulin resistance in non-diabetic subjects - a double-blind, placebo-controlled, randomized trial. *Diabetes Obes Metab.* 2010.