



ELITE
Personal Training and Fitness Solutions

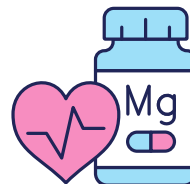
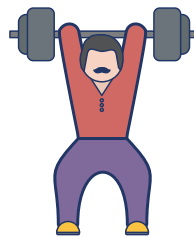
HEALTH TIP OF THE WEEK

4/18: Magnesium

Magnesium Supplementation Can Improve Blood Glucose Metabolism

The benefits of magnesium supplementation are enormous and include the following:

- Improves exercise performance
- May Improve symptoms of depression
- Promotes heart health
- Anti-inflammatory benefits
- May help prevent migraine attacks
- May improve PMS symptoms
- Improves sleep



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

In addition to the above, research shows that magnesium supplementation can improve blood glucose levels.

Magnesium supplementation may help improve blood glucose metabolism among people with diabetes and those who are at high risk of developing the disease, according to findings from a meta-analysis of clinical trials reported in *Nutrients**.

Researchers analyzed 13 randomized trials that evaluated magnesium supplementation's effects on glucose metabolism among diabetics. Twelve trials were additionally selected that evaluated magnesium among participants at high risk of developing the disease. Compared to a placebo, supplementing with magnesium was associated with significantly lower fasting plasma glucose levels in trials that included diabetic participants.

In trials that included people at risk of diabetes, magnesium was significantly associated with lower fasting plasma glucose and improved insulin sensitivity. Conditions that categorized participants as having a high risk of diabetes included being overweight or having prediabetes, metabolic syndrome or other disorders.

* *Nutrients*. 2021 Nov 15;13(11):4074.

