

fact, according to ACSH friend Paul Offit's poignant article in *The Atlantic* titled '[The Vitamin Myth: Why We Think We Need Vitamins](#),' [3] taking on too much magnesium (or any mineral or vitamin for that matter) can have negative impacts. Based on a study from the University of Minnesota in 2011, researchers found that people who took supplemental vitamins, magnesium, zinc, copper and iron died at rates higher than those who didn't.

It's important to note that, in rare cases, a magnesium deficiency can occur. Diets high in protein, calcium, or vitamin D could increase the need for magnesium. A magnesium deficiency can also occur in people who abuse alcohol.

In hospital settings, patients on Lasix, or who receive a potassium boost should also be checked for the levels of magnesium in the body, as those may also be reduced by diuretics. For the rest of us, taking magnesium supplements on top of what we already get from our diet isn't necessary; the benefit is nil.

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Links

[1] http://acsh.org/wp-content/uploads/2016/02/shutterstock_157421423.jpg

[2] https://en.wikipedia.org/wiki/Dietary_Supplement_Health_and_Education_Act_of_1994

[3] <http://www.theatlantic.com/health/archive/2013/07/the-vitamin-myth-why-we-think-we-need-supplements/277947/>