

Magnesium Supplementation for Asthma

Earlier research has shown a relationship between low magnesium and the development of asthma. Also, IV magnesium has been used in emergency situations to stop an asthma attack. Recent research, appearing in the *Journal of Asthma* (2010;47(1):83–92), looked at the effect magnesium supplementation had on patients with asthma. The subjects of the study were 52 men and women between the ages of 21 and 55, who had been diagnosed with mild to moderate asthma. Subjects were given either a placebo or 340 mg of magnesium citrate each day for 6 1/2 months.

The group taking the magnesium had significant improvement in lung function and the ability to move air into and out of the lungs. The group taking the magnesium reported improved quality of life compared to the placebo group. Both the control group and the group receiving the magnesium had similar levels of CRP (a chemical that is measured to indicate the amount of inflammation), and the amount of magnesium found in the blood cells and in the serum was the same for both the treatment group and the placebo group.

[Mg-Zyme™](#) is a source of supplemental magnesium, supplied as mixed mineral chelates. Adequate magnesium intake is of utmost importance, as it is critical to most ATP-dependent reactions.

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