

**EFFECTS OF MAGNESIUM
SUPPLEMENTATION
ON BLOOD PREASURE AND GENERAL
WELLNESS**

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ABSTRACT

The aim of the study is to establish the link between lack of magnesium and essential hypertension that commonly affects the elderly age group. Various theories have been put forward and this study aims to assess that supplementation of magnesium is beneficial to prevent, control or even treat essential hypertension as well as increase the general well being of this age group. The findings indicate that a large number of patients within this age group suffer from deficiency of magnesium due to the fact that magnesium is one mineral that often lacks in our modern diet. It is also because magnesium as a bone component is stored in the body thereby deficiency of magnesium often goes unnoticed because the blood level does not correlate with the total stored amount. Detection of magnesium deficiency is often at the late stages when the symptoms of deficiencies of the minerals will be noticed, that is when the clinical symptoms start to manifest. This indicates that magnesium deficiency is one health issue that shouldn't be taken lightly. It should be remedied immediately. Magnesium does play very important roles in many structural and biochemical processes in our body and supplementation is essential to maintain good health for people above forty, even before clinical symptoms start to manifest.