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A recently published meta-analysis shows that higher dietary magnesium intake may be linked to lower blood pressure.

MAGNESIUM SUPPLEMENTATION AND BLOOD PRESSURE

It is well known that several dietary minerals are involved in the regulation of blood pressure. Excess sodium is known to increase the risk of hypertension in some individuals. Other data has shown that calcium, potassium, and magnesium can have the opposite effect and decrease blood pressure in some individuals. The *European Journal of Clinical Nutrition* recently published an article where the researchers studied magnesium at several different dosages to analyze its effect on blood pressure.

This meta-analysis involved 22 trials and included 1,173 people. Daily doses of magnesium ranged from 120 mg to 973 mg (average dose 410 mg), and with follow-up period ranging from 3 to 24 weeks. Although not every trial resulted in a significant reduction in blood pressure, the analysis resulted in an average reduction in systolic blood pressure of 3 to 4 mmHg and an average reduction of 2 to 3 mmHg in diastolic blood pressure. There was also a trend towards larger decreases in blood pressure when the subjects had a magnesium intake greater than 370 mg/day.

These results are significant because high blood pressure is a major risk factor for cardiovascular disease, and reductions as little as 0.8 to 2 mmHg in systolic blood pressure have shown clinically significant results in reducing the risk of heart disease, heart failure, and stroke.

L Kass, J Weekes, L Carpenter. Effect of magnesium supplementation on blood pressure: a meta-analysis. Feb 2012. European Journal of Clinical Nutrition. Doi:10.1038/ejcn.2012.4