

November 19th, 2008

Recent research has shown a significant association between magnesium intake and the risk of type 2 diabetes.

MAGNESIUM INTAKE AND RISK OF TYPE 2 DIABETES

A meta-analysis recently published in the *Journal of Internal Medicine* analyzed the association between magnesium intake and the risk of type 2 diabetes. The meta-analysis involved studies of magnesium intake (both from foods only and from foods and supplements) published between 1966 and 2007. Seven studies meeting the criteria were identified, and in total they included 286,668 participants and 10,912 cases. All but one study found an inverse relation between magnesium intake and risk of type 2 diabetes, and in four studies the association was statistically significant. Overall, an increase of 100 mg of magnesium per day resulted in a 15% reduction in overall risk of type 2 diabetes.

Based on these studies, magnesium intake is inversely associated with incidence of type 2 diabetes. This finding suggests that increased consumption of magnesium from supplements and foods such as whole grains, beans, nuts, and green leafy vegetables may reduce the risk of type 2 diabetes.

< *J Intern Med.* 2007 Aug;262(2):208-14 >