Greater intake of magnesium appears to lower one's risk of developing coronary heart disease, according to a study recently published in the *American Journal of Cardiology*.¹ 

Researchers analyzed data for more than 7,000 male participants in the Honolulu Heart Program, which began in the mid-1960s. Nearly 1,500 of these men developed coronary heart disease during the 30-year study period.

The researchers discovered that the more magnesium the men consumed, the lower their risk of developing heart disease. The men who consumed the lowest amounts of magnesium were approximately twice as likely to develop coronary heart disease as those men who consumed the highest.

The researchers noted that these findings are consistent with those of other studies such as the Atherosclerosis Risk in Communities Study² and the National Health and Nutrition Exam Survey,³ in which higher blood levels of magnesium were associated with lower coronary heart disease risk.

"Magnesium deficiency is believed to have adverse cardiovascular consequences, including broad and complex effects on hypertension, diabetes, cardiac arrhythmias, atherosclerosis, and sudden cardiac death," the researchers concluded.

References
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