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A recap of the vital importance of magnesium in energy production and exercise performance is given; New research is presented indicating that magnesium may influence

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Jan 26, 2010 A new study suggests that increasing your consumption of magnesium, an essential mineral found in dark leafy vegetables and certain fruits, beans, and nuts

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More research is needed to determine whether Wolk A. Dietary potassium intake Yao Y, Ma A. Potassium magnesium supplementation for four weeks improves

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Jul 10, 2012 Calcium, turmeric, and resveratrol are three important nutrients that are also available as dietary supplements necessary for achieving optimal health.

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Jan 18, 2012 People who eat more foods rich in the mineral magnesium appear to reduce their odds of having a stroke, a new study shows.

### **Dietary Supplements | Nutrition.gov -**

Links to information to help understand dietary supplements, find research resources and clinical trials, and more.

MedlinePlus: All Herbs and Supplements. DHHS.

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The healthy DASH diet plan was developed to lower blood pressure without medication in research sponsored by the US National Institutes of Health.

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May 31, 2009 Free Online Library: Dietary magnesium; new research. (Brief article, Book review) by "SciTech Book News"; Publishing industry Library and information

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Calcium, the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as

### **Women Taking Diet Supplements Should Think Twice, -**

Oct 09, 2011 For the nutrient conscious, a daily caplet of vitamins and minerals may seem like a sure way to get all the necessary nutrients you might miss in your diet.

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### **Magnesium reduces sudden heart failure risk for -**

Increased intakes of magnesium-rich foods are associated with a reduced risk of sudden cardiac death, says new research from Brigham and Women's Hospital and Harvard

**DASH diet - Wikipedia, the free encyclopedia -**

The DASH diet (Dietary Approaches to Stop Hypertension) is a dietary pattern promoted by the U.S.-based National Heart, Lung, and Blood Institute (part of the

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