

Magnesium Status Checklist

To help you figure whether you might not have enough magnesium, we've created a checklist of symptoms and risk factors. Tick off the corresponding box for any statements that apply to you. Check this list again every four months or so to see whether supplementation has improved your conditions. (Did we mention that we love testing?)



Baseline
month 4
month 8
month 12

Risk Factors: Diet and Lifestyle				
Drinking more than 3 cups of coffee or tea per day				
Drinking over 7 alcoholic drinks per week				
Eating junk foods with high sugar, fats or salt				
Consuming less than one serving of greens per day				
Limited consumption of seeds, nuts or fruits				
Intense exercise or training more than 3 times per week				
Excessive sweating				
Currently pregnant or have been pregnant in the past 12 months				
Risk Factors: Conditions				
Regularly having undigested foods in stools				
Chronic kidney disease				
Diarrhea				
Heavy menstrual periods				
Risk Factors: Supplements & Drugs				
If you are taking...				
Acid blockers				
Antacids				
Antibiotics				
Antihypertensives				
Calcium or iron supplements				

Baseline
month 4
month 8
month 12

Corticosteroids or anti-inflammatories				
Diuretics				
Hormone replacements				
Oral contraceptives (birth control)				
Vitamin D				
Signs & Symptoms				
Chronic fatigue, lethargy or low energy				
Chronic headaches or migraines				
High blood pressure				
Rapid or irregular heart rate				
Anxiety or panic attacks				
Hyperventilation or frequent sighing				
Nausea or vomiting				
Lack of appetite				
Confusion or difficulty concentrating				
Poor memory or confusion				
Mood swings				
Feeling irritable				
Muscle cramps or spasms				
Hand tremors				
Muscle weakness or soreness				
Muscle, neck or back pain				
Twitching, tics, or restlessness				
Restless leg syndrome				
Reynaud's syndrome				
Fibromyalgia				
Shortness of breath				

	Baseline	month 4	month 8	month 12
Chest tightness				
Startled easily				
Sensitivity to loud noises or lights				
Tingling or other unusual sensations in the hands or feet				
Poor circulation leading to cold hands and feet				
Osteoporosis or low bone density				
Irregular periods				
Preeclampsia and eclampsia				
Severe PMS				
Difficulties conceiving				
Loss of libido				
Hyper or hypothyroidism				
Hyperparathyroidism				
Trouble sleeping				
History of seizures				
History of strokes				
Low blood potassium				
Vitamin D deficiency				
Strong cravings for carbohydrates, salt or chocolate				

If you decide to take a red blood cell test for magnesium, you can enter the results here. You are aiming for a result between 2.4 to 2.52 mmol/L

	Date of test	Result (mmol/L)
Baseline		
Month 4		
Month 8		
Month 12		