1.5 Magnesium absorption and metabolism

Generally, magnesium intake is directly related to energy intake, a well known exception is when the majority of energy comes from refined sugars or alcohol.

(Rude, 1998; Jahnen-Dechent & Ketteler, 2012; Altura et al., 2013).

The exact mechanism involved in magnesium homeostasis is not well understood despite narrow maintenance of its level in serum. The average magnesium intake in normal adult is ~12 mmol/day. Additionally, 2 mmol/day of magnesium is secreted into intestine in bile, pancreatic and intestinal juice. Thirty percent of this intestinal pool is absorbed giving a net absorbtion of 4 mmol/day (Swaminathan, 2003; Pasternak *et al.*, 2010), as seen in the Fig 1.1 Distribution of Magnesium in the body (Source:(Swaminathan, 2003)).

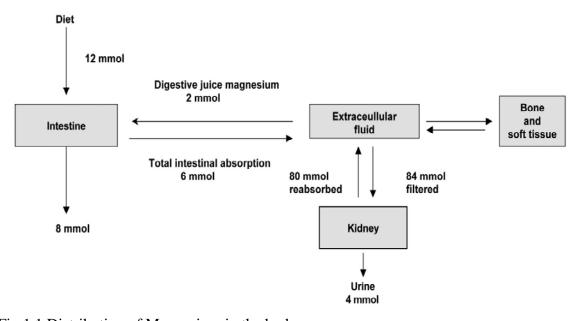


Fig 1.1 Distribution of Magnesium in the body