

## Magnesium Status Questionnaire

Magnesium is an important mineral required for the healthy functioning of our nervous system, our heart and bones, our metabolism and for healthy daily energy levels.

Research suggests we are not getting enough Magnesium in our diet to meet our body's needs. This might be due to an increased demand for Magnesium during times of physical or emotional stress, because of acute or chronic illness, or due to our diet, lifestyle, and medications, or our life-stage such as aging, pregnancy and lactation.

There are many different factors which may contribute towards Magnesium deficiency. The Magnesium Status Questionnaire is designed to give your practitioner information about your body's Magnesium levels and determine if a clinically trialled, therapeutic Magnesium supplement may be beneficial.

**If any of the following statements apply to you, tick the corresponding box. After completing the questionnaire, add the sub totals scored in each section (Sections A, B, C and D) to provide your Total Magnesium Status Score.**

*for example:*

	2
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**Which of the following statements apply to you.....**

### Section A - Diet/Lifestyle:

Drink alcohol everyday or more than 7 alcoholic drinks per week		5
Strenuous exercise or training more than 3 times per week (running, sports, gym etc)		5
More than 3 coffees daily		4
High sugar containing foods daily		2
Eat processed food or junk food daily		1
Consume a diet high in fatty foods daily (fried foods, butter, hamburgers, bacon, ice-cream, cheese)		4
A diet low in green leafy vegetables, seeds and nuts (less than one serve every day)		4
Consume soft drinks / fizzy drinks daily		4
Frequently have undigested food or fat in your stools (more than 3 times per week)		1
<i>Score for Section A</i>		

### Section B - Health conditions:

Chronic headaches or migraines		15
Asthma		5
Diabetes		10
Glaucoma		4
Osteoporosis		5
Chronic kidney disease		5
High blood pressure		5
An overactive thyroid, or underactive thyroid		2
An endocrine condition such as Hyperaldosteronism or Hyperparathyroidism		5
Very fast heart beats, irregular heartbeats, or arrhythmia (or have experienced these symptoms in the last 12 months)		10
Chronic intestinal disease, Ulcerative colitis, Crohn's disease or Irritable bowel syndrome		5
Frequent diarrhoea or constipation		4
PMS or menstrual cramps		5
Frequent lethargy or fatigue		3
Known parasites (eg. Pinworm)		2
Currently pregnant		5
Recently pregnant (in the last 12 months)		1
Breastfeeding or recently breastfed for longer than 12 months		3
Have diagnosed Haemochromatosis (Iron overload)		5
In a previous pregnancy had high blood pressure or pre-eclampsia		5
Recent traumatic stress, physical or emotional (in the last 12 months)		5
<i>Score for Section B</i>		



### Section C - Medications/Supplements:

Taking Digitalis (Digoxin)		3
Taking any kind of diuretic medication		10
Known to have low blood Potassium		2
Known to have Vitamin D deficiency		2
Taking Calcium supplements regularly without Magnesium		5
Medically diagnosed malnutrition		5
Taking Iron or Zinc supplements regularly without Magnesium		2
Told by your practitioner you have an acid/alkali imbalance		4
Told or know you have had exposure to heavy metals such as Mercury, Cadmium, Aluminium or Lead		2
Frequently use antibiotics (more than 3 courses in the last 6 months)		3
Currently on steroid medication (e.g. Prednisolone, Symbacort, Cortisone)		1
Taking oral contraceptives		4
Had recent radiation therapy or exposure (in the last 12 months)		5
<i>Score for Section C</i>		

### Section D - Nervous System: In this section if the statement applies to you: **circle how often it occurs.**

**1 = Almost never    2 = Sometimes    3 = Fairly often    4 = Very often**

Easily startled by sounds or people	1	2	3	4
Muscle spasms in hands or feet	1	2	3	4
Difficulty sleeping	1	2	3	4
Irritability, or being easily provoked	1	2	3	4
Feeling restless, or agitated	1	2	3	4
Small muscle twitching around your eyes, facial muscles	1	2	3	4
Small muscle twitching anywhere else in your body	1	2	3	4
Convulsions	1	2	3	4
Experience long or intense periods of stress	1	2	3	4
Shakiness or tremor in your hands	1	2	3	4
Muscle cramps	1	2	3	4
Chronic lack of interest, indifference, or apathy	1	2	3	4
Poor memory	1	2	3	4
Experience physical or mental fatigue	1	2	3	4
Loss of concentration	1	2	3	4
Anxiety	1	2	3	4
Mood swings	1	2	3	4
Depression for no apparent reason	1	2	3	4
Feelings of disorientation as to time or place	1	2	3	4
Experience emotional stress	1	2	3	4
Feelings that people are against you	1	2	3	4
Cold hands or feet	1	2	3	4
Numbness in face, hands, or feet	1	2	3	4
Experience tingling or 'pins and needles' anywhere in your body	1	2	3	4
Loss of libido	1	2	3	4
<i>Score for Section D</i>				

**Total Magnesium Status Score**  
Section A + B + C + D =

### Interpretive Guide to your Total Magnesium Status Score:

#### Score: 0 - 25

Suggests it is unlikely there is a Magnesium deficiency; however it is important to maintain a healthy diet rich in Magnesium by consuming nutritious whole foods including nuts and seeds, whole grains and green leafy vegetables. During times of physical or emotional stress, your practitioner may advise you to take a clinically proven, bioavailable Magnesium supplement.

#### Score: 26 - 50

Suggests it is likely your magnesium levels are low. Your practitioner may advise you to take a regular Magnesium supplement which has been clinically trialled and is proven to improve intracellular Magnesium levels quickly. It is also important to consume Magnesium rich foods such as nuts and seeds, whole grains and green leafy vegetables.

#### Score: over 50

Suggests it is highly likely you are suffering from low Magnesium levels and may be experiencing Magnesium deficiency symptoms. It is advisable that your practitioner prescribe a clinically trialled, bioavailable Magnesium, proven to improve Magnesium status quickly. It is also important to consume Magnesium rich foods such as nuts and seeds, whole grains and green leafy vegetables.