

Chapter Four

Conclusion and Recommendations

Magnesium appears within the normal range among Jordanian people, sex and smoking didn't affect the magnesium levels in those population.

Further studies investigating the role of Mg in CVD is required, to find if there is a correlation between Mg and specific types of cardiac diseases

Recommendations:

- 1- We recommend more studies about the links among cardiovascular diseases, diabetes, renal failure, hypothyroidism, depression with magnesium level.
- 2- We recommend a test for water in Jordan.
- 3- We recommend to use another method of analysis like Atomic Absorption Spectrometry.