



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.

Name of person who completed the form:.....

Signature