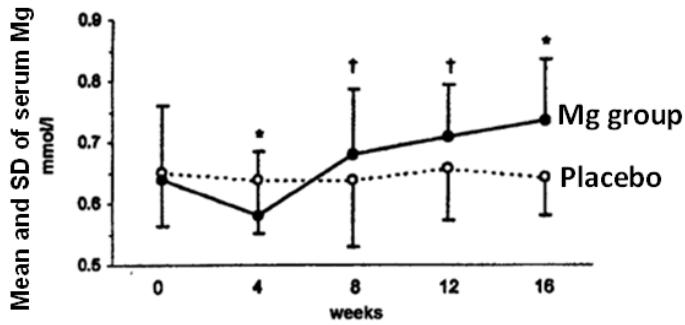


Figure 10a

Fig. 10 Oral Mg Therapy Can Take up to 8 to 10+ weeks to normalize a low serum Mg level

Fig. 10a from Rodriguez-Moran & Guerrero-Romero, 2003



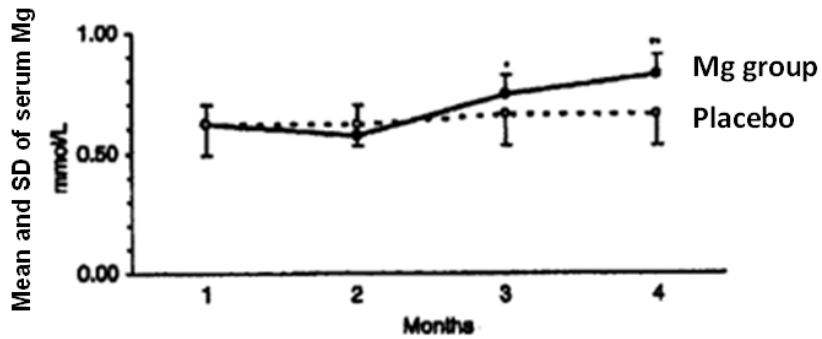
Note: length of Mg therapy is important when Mg def is being corrected rather than prevented.

Original Figure Caption: Mean and SD of serum Mg in all participants evaluated (dark circles, 32 MgCl₂ recipients; open circles, 31 placebo recipients). Mg levels in the subjects who received MgCl₂ showed a significant reduction for the first month, followed by a sustained and significant increase.

Figure 10b

Fig. 10 Oral Mg Therapy Can Take up to 8 to 10+ weeks to normalize a low serum Mg level

Fig. 10b from Guerrero-Romero & Rodriguez-Moran, 2009



Note: length of Mg therapy is important when Mg def is being corrected rather than prevented.

Original Figure Caption: [serum Mg](#) levels, in the subjects who received Mg supplementation, showed a gradual increase that reached significance at the 3rd month of treatment.