**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.
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

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.

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