



nutrients



Special Issue Reprint

Magnesium in Human Health and Disease

www.mdpi.com/books/reprint/4389

Edited by

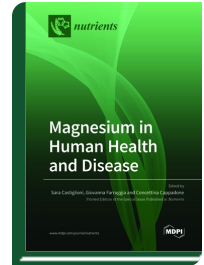
Sara Castiglioni

Giovanna Farruggia

Concettina Cappadone

ISBN 978-3-0365-1786-5 (Hardback)

ISBN 978-3-0365-1785-8 (PDF)



This book collects 20 papers, focused on the fundamental role of magnesium in human health. It offers an overview of recent insights into magnesium from multiple perspectives.

Magnesium is an essential mineral, which acts both as a signaling element and as a metabolite in cell physiology. The balance between intestinal absorption and renal excretion regulates its homeostasis. This book highlights the risks due to insufficient uptake, frequently associated with the low content of magnesium in the modern western diet, suggesting strategies to reach the recommended dietary reference values. Actually, several diseases correlate with chronic low magnesium levels and have a high social impact, documented by several clinical trials reported in this book. In addition, innovative methods to detect physiological or pathological levels of magnesium in various body districts have been reported.

For these reasons, this book could be useful in the field of magnesium research, from cellular biology to clinical pathology.



Order Your Print Copy

You can order print copies at

www.mdpi.com/books/reprint/4389

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.