

Magnesium

Magnesium: Magnesium is a mineral that has several functions. Magnesium helps form the softer inside and the hard outside structure of your bones. Especially now, when your student is growing, he or she needs vital minerals like magnesium to build strong bones. If their body does not obtain the nutrients it needs to build strong bones, these bones may be more likely to break when your child participates in sports or falls from some other activity. Furthermore, they are more likely to have weaker bones when they get older. Magnesium also plays a role in muscle contraction when your student walks, runs, or dances- even just picking up their pencil or each time their heart beats. Lastly, Magnesium aids in the formation and maintenance of DNA (deoxyribonucleic acid) and it also participates in the Krebs' Cycle to produce ATP.