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A new meta-analysis shows a protective effect of magnesium against stroke risk, especially ischemic stroke.

HIGHER INTAKES OF MAGNESIUM ARE ASSOCIATED WITH REDUCTION IN STROKE RISK

The results of a meta-analysis reported in a new article published in the *American Journal of Clinical Nutrition* indicate that a greater intake of the mineral magnesium has a protective effect on the risk of ischemic stroke (the most common type of stroke).

Swedish researchers performed a systematic review and dose-response meta-analysis of prospective studies to evaluate the connection between magnesium intake and the risk of stroke.

Seven prospective studies were included in the review that included a total of 241,378 participants and 6,477 stroke cases. The analysis revealed that for each 100 milligram daily increase of magnesium there was an 8 percent reduction in the risk of total stroke.

The association was still significant after adjustment for hypertension and diabetes. When the strokes were analyzed according to type, the protective effect was significant for ischemic stroke (the most common type) but not for intracerebral or subarachnoid hemorrhage. The authors did note, however, that the low numbers of hemorrhagic stroke that occurred among the study participants may have decreased the ability to measure the association accurately.

The researchers stated that magnesium's positive influence on blood pressure, glucose, lipids, lipo-protein peroxidation, and reduction of diabetes risk may be responsible for its protective benefit with stroke risk. In addition to supplementation, increased consumption of magnesium dense foods, such as almonds, green leafy vegetables, beans and legumes, and whole grains may be an effective approach to reducing stroke risk.

Susanna C Larsson, Nicola Orsini, and Alicja Wolk Dietary magnesium intake and risk of stroke: a meta-analysis of prospective studies. Am J Clin Nutr February 2012 vol. 95 no. 2 362-366.