

Magnesium and physical exercise

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Abstract

Magnesium is an important trace element for the human body, usually daily the necessary being assured by nutrition. It intervenes in almost 300 enzymatic systems on a cellular level. In the human body it intervenes in the nervous system, muscular system, cardio-vascular system, digestive activity, mineral metabolism, immunity and stress. Various studies show that magnesium is involved in physical effort, especially performance due to its enrolment in the muscular activity, an indirect effect upon oxidants-antioxidants and its role in cardiovascular adaptation to requirements. Most of the research in this direction pleads the fact that magnesium should be used as a supplement in physical effort due to the positive effects in raising performance.

Keywords: magnesium, physical exercise, performance, intake, lack of magnesium.