

Symptoms of Magnesium Deficiency and Symptoms of Stress

Most Frequently Reported Symptoms of Stress	Symptoms of Magnesium Deficiency
Fatigue	Tiredness
Irritability or anger	Irritability
Feeling nervous	Mild anxiety/nervousness
Lack of energy	Muscle weakness
Upset stomach	Gastrointestinal spasms
Muscle tension	Muscle cramps
Headache	Headache
Sadness/depression	Mild sleep disorders
Chest pain/hyperventilation	Nausea/vomiting

Note: Similar symptoms are highlighted in bold.

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Pickering et al., *Nutrients*, 2020



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