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MAGNESIUM MALIC ACID FOR FIBROMYALGIA

Fibromyalgia is found to be associated with magnesium deficiency in approximately 92% of patients with fibromyalgia. The blood test for magnesium can be normal even though the total body magnesium is low. Therefore, many people with fibromyalgia benefit from taking a combination medication of magnesium supplementation with malic acid. This product often helps to reduce the stiffness and diffuse muscle pain of fibromyalgia by approximately 50% in the first few days, and within two weeks associated neurological symptoms can improve by approximately 20%.

Magnesium Malic Acid is a nutritional supplementation; therefore, no prescription is necessary. It is available at health food stores, some grocery stores and at Plastikos Surgery Center. It contains magnesium and malic acid derived from apples. The recommended dosage is one daily or one twice a day. If you are taking too much Malic Acid you may develop a mild case of diarrhea, in which case you should decrease the dosage.

An additional supplement which you might try with fibromyalgia is called Super Thistle X from PhytoPharmica. This is an herbal product that helps detoxify the liver, which may also be useful in fibromyalgia.

If you are taking any magnesium supplement and are placed on antibiotics, let your doctor know because it can hamper their absorption. Antacids also have magnesium in them, and therefore the combination should be avoided.

Magnesium Malic Acid is excellent for aluminum detoxification. For additional information on detoxification programs including heavy metal detoxification, please see Dr. Susan Kolb.

The following statements and or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.