

[IMAGE]

Magnesium Keeps Senior Women Fit

Vitamin supplementation can be a very important way of maintaining health, especially for older adults.

One study by the American Society for Nutrition examined whether magnesium supplements could help improve physical function for older women.

The study found that "daily magnesium oxide supplementation for 12 weeks seems to improve physical performance in healthy elderly women. These findings suggest a role for magnesium supplementation in preventing or delaying the age-related decline in physical performance."

If you are an older woman, make sure to speak to your health care provider about magnesium and whether or not it is good for you.

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