

# Magnesium oxide energy storage device





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### WHS\_vitamins.qxd

Magnesium Magnesium is involved in many biochemical reactions in the body, helping maintain normal heart rhythm, immune system and muscle function. Research findings: Low ...

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### [Calcium supplements: When should they be taken?](#)

Calcium can affect how the body takes in the nutrients iron, zinc and magnesium. And don't take a calcium supplement at the same time as a meal that's high in iron. Foods ...

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### [Sodium picosulfate, magnesium, and citric acid \(oral route\)](#)

Description Citric acid, magnesium oxide, and sodium picosulfate combination is used to cleanse the colon (bowel) in preparation for a procedure called colonoscopy. This ...

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### [Esomeprazole \(oral route\)](#)

Diarrhea or Hypomagnesemia (low magnesium in the blood), history of or Osteoporosis (thinning of the bones) or Seizures, history of or Vitamin B12 deficiency--Use ...

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[Leg cramps during pregnancy: Preventable?](#)

Consider a magnesium supplement. Although the evidence from research studies is mixed, taking a magnesium supplement might help prevent leg cramps during pregnancy. ...

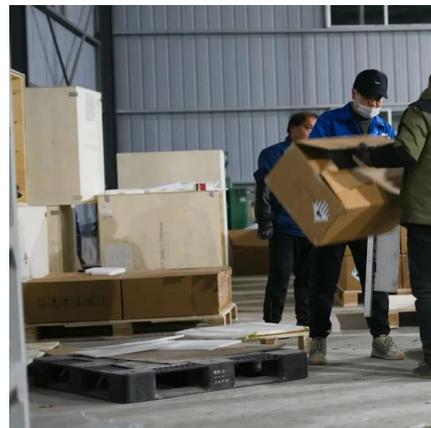
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**Magnesium sulfate (oral route, topical application route, ...**

Magnesium sulfate is used for short-term relief of constipation. It is also used as a soaking solution to relieve minor sprains, bruises, muscle aches or discomfort, joint stiffness or ...

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[Magnesium supplement \(oral route\)](#)

Description Magnesium is used as a dietary supplement for individuals who are deficient in magnesium. Although a balanced diet usually supplies all the magnesium a person ...

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**Muscle cramp**



Overview A muscle cramp is a sudden, unexpected tightening of one or more muscles. Sometimes called a charley horse, a muscle cramp can be very painful. Exercising or ...

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**Sodium sulfate, magnesium sulfate, and potassium chloride ...**

Description Sodium sulfate, magnesium sulfate, and potassium chloride combination is used to cleanse the colon (bowel) before a colonoscopy. This medicine is a ...

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[Rosuvastatin \(oral route\)](#)

Throw away any unused mixture. If you need to take an antacid that contains aluminum and magnesium (eg, Maalox®), take the antacid at least 2 hours after using ...

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