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Take this diabetes deficiency test



	Yes	No
1. Have patients with insulin-dependent or non-insulin-dependent diabetes mellitus been shown to be magnesium deficient?	<input type="checkbox"/>	<input type="checkbox"/>
2. Can glycosuria and/or diuretic use cause magnesium deficiency in patients with diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do standard diabetes nutritional guidelines ensure adequate dietary intake of magnesium?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do I have to worry about overdosing with magnesium supplements in patients with normal renal function?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is there a magnesium salt of choice for patients with diabetes?	<input type="checkbox"/>	<input type="checkbox"/>

Read the accompanying text for the answers to this test.

Magnesium deficiency—a common problem for patients with diabetes

- Significantly reduced plasma and intracellular magnesium concentrations often observed in both patients with insulin-dependent and those with non-insulin-dependent diabetes mellitus compared with nondiabetic controls¹⁻⁷
- U.S. RDA for Mg intake (~280-350 mg) not met in 80% of NIDDM patients following standard diabetes nutritional guidelines⁸
- Can be compounded by diuretic use and glycosuria^{1,9}

Magnesium chloride—the recommended magnesium salt

- Recommended by an ADA-sponsored consensus panel to reverse Mg deficiency in high-risk patients with documented hypomagnesemia⁹
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Reference: 1. Korte JJ, Cooper Research, Inc., Cincinnati, Ohio. *The National Preference Trial: A study of patient preferences among blood glucose monitors.* August 1994. Data on file, Boehringer Mannheim Corporation.
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