Appendix IV. New and Old Studies showing Low Mg status (hypomagnesemia) is associated with stroke and sudden cardiac death

Low serum Mg is a risk factor for sudden cardiac death, and low Mg intake is a risk factor for stroke.

For Highlighted Abstracts for the following references click here “Abstracts document” for Appendix IV.

Earlier work of the 1990s:


Recent studies that confirm the earlier work:


And for stroke:


Singh, H., et al. (2012). “Role of magnesium sulfate in neuroprotection in acute ischemic stroke.” Ann Indian Acad Neurol 15(3): 177-180. See abstract for comment on these “negative” results that appear contrary to other studies’ results.