

## — Vitamins, Minerals & Dietary Fatty Acids

### Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

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— MAGNESIUM, RBC  
(mg/dL)

5.1

Range: 4.0-6.4

### MAGNESIUM, RBC

(mg/dL)



### Result Comments

Magnesium is a nutrient that is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, blood pressure and making protein, bone, and DNA. A clinical deficiency can lead to irritability, neuromuscular abnormalities, cardiac and renal damage. Excessive amount may cause CNS depression, loss of muscle tone, respiratory complications, and cardiac arrest.

For more information, visit <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.