

Magnesium deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Afternoon fatigue	0	1	2	3	4
2. Tensed muscles in face, lower back	0	1	2	3	4
3. Regular muscle twitching of eyelids	0	1	2	3	4
4. Muscle cramps in legs, feet	0	1	2	3	4
5. Irregular heart beats (arrhythmia)	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible magnesium deficiency		
	11 or more		Probable magnesium deficiency		