



MAGNESIUM DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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 heartbeats (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		