

# Nutrition Depletion For Diuretic-Thiazides & Type 2 Diabetic Patients



## Potential Health Problems:

- Long-term treatment with thiazide diuretics lowers magnesium levels in the body.<sup>1</sup>
- Taking high doses of magnesium can lower the risk of coronary heart disease in type 2 diabetes patients.<sup>2</sup>

## Depleted Nutrients:

✓ Magnesium

## Recommendations:

→ Take a magnesium supplement. Magnesium is needed to produce energy and it helps your muscles work properly. It also helps you maintain your blood sugar, blood pressure and normal heart rhythm. While taking a loop diuretic 310-320mg of magnesium is recommended daily for women and 400-420 mg of magnesium daily for men.<sup>3</sup>

**10% OFF ANY STRENGTH  
OF HEALTH MART  
MAGNESIUM**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

<sup>1</sup>Sica D, MD. Diuretic-Related Side Effects: Development and Treatment. Medscape. Retrieved June 7,2018. From [https://www.medscape.com/viewarticle/489521\\_5](https://www.medscape.com/viewarticle/489521_5)

<sup>2</sup>Gant CM, Soedamah-Muthu SS, Binnenmars SH, Bakker SJL, Navis G, Laverman GD. Higher Dietary magnesium Intake and Higher Magnesium Status are associated with lower Prevalence of Coronary Heart Disease in Patients with Type 2 Diabetes. Nutrients. 2018 Mar 5; 10 (3). Pii:E307. Doi: 103390/nu10030307. <https://www.ncbi.nlm.nih.gov/pubmed/29510564>

<sup>3</sup>Magnesium Fact Sheet for Health Professionals. National Institutes of Health Office of Dietary Supplements. Retrieved June 7,2018, from <https://ods.od.nih.gov/factsheet/Magnesium-HealthProfessional/>