

Magnesium Quiz

- ☐ I don't eat a lot of dark green leafy veggies, kelp, wheat bran or germ, almonds, cashews and buckwheat
- ☐ I am often tired.
- ☐ I have trouble falling asleep or I have insomnia.
- ☐ I am sensitive to loud noises.
- ☐ I have fewer than 2 bowel movements a day.
- ☐ I have asthma.
- ☐ I experience muscle twitching.
- ☐ I experience leg or hand cramps.
- ☐ I frequently experience headaches or migraines.
- ☐ Swallowing is sometimes difficult for me.
- ☐ I have restless leg syndrome.
- ☐ I have acid reflux.
- ☐ I frequently feel irritable.
- ☐ I am depressed.
- ☐ I am anxious.
- ☐ I have attention deficit disorder.
- ☐ I have a lot of stress in my life.
- ☐ I am autistic.
- ☐ I have kidney stones.
- ☐ I experience heart flutters, skipped beats or palpitations.
- ☐ I have mitral valve prolapsed.
- ☐ I have diabetes.

_____ **TOTAL** (each question is worth 1 point)