

IDIOMA: INGLÊS

Área 1

* Indica uma pergunta obrigatória

1. E-mail *

2. ÁREA *

Marcar apenas uma oval.

☐ 1-CIÊNCIAS BIOLÓGICAS, CIÊNCIAS AGRÁRIAS, CIÊNCIAS DA SAÚDE

3. NOME DO CANDIDATO *

4. NÚMERO DA INSCRIÇÃO *

5. NÚMERO DO CPF *

Leia o texto e responda as questões a seguir em Português. Todas as questões devem ser respondidas de acordo com o texto. As respostas digitadas neste formulário eletrônico constituirão o ÚNICO documento válido para correção da prova.

What can magnesium do for you and how much do you need?

This forgotten mineral is having a moment. June 3, 2025

By Robert H. Shmerling, MD, Senior Faculty Editor, Harvard Health Publishing; Editorial Advisory Board Member, Harvard Health Publishing

In the world of nutrients, minerals, vitamins, and supplements, magnesium seems to be having a moment. Perhaps it's long overdue: in many ways, magnesium has been overlooked, underappreciated, or even forgotten. That may be ending. But why is magnesium getting so much attention lately? Are claims about its benefits true? Are you getting enough magnesium, or should you join the rising number of people who take magnesium supplements every day? If you have these questions, this post is for you.

What is magnesium? Magnesium is a mineral the human body needs to function properly. It's especially important for a healthy cardiovascular system, nerves, muscles, and bones. It helps regulate the body's calcium and blood sugar levels, and it's vital for the body's production of protein.

Are you getting enough magnesium? Most of us don't need to fret over how much magnesium we're getting. The recommended daily amount of magnesium — 320 milligrams (mg) a day for women and 420 mg a day for men — isn't difficult to take in through a healthy diet. But getting extra magnesium is important for people with magnesium deficiency, and those who have complications of pregnancy known as preeclampsia and eclampsia. More limited evidence suggests that extra magnesium could also be helpful for people with:

- cardiovascular disease, including high blood pressure or coronary artery disease
- insomnia
- migraines
- anxiety
- diabetes and diabetic neuropathy
- muscle soreness after exercise
- constipation.

What are the symptoms of low magnesium? The symptoms of too little magnesium (hypomagnesemia) include nausea, fatigue, and reduced appetite. Of course, these symptoms can be due to many other conditions, such as a stomach bug or medication side effects. Some common causes of magnesium deficiency are:

- malnutrition (or simply choosing a diet that's low in magnesium)
- gastrointestinal conditions (such as Crohn's disease) that cause vomiting, diarrhea, or poor absorption of magnesium
- kidney disease, some types of which cause excess loss of magnesium in the urine
- medications like diuretics or certain types of chemotherapy
- alcohol use disorder, because alcohol can boost the loss of magnesium in the urine.

Which foods are good sources of magnesium? Magnesium-rich foods like green, leafy vegetables (such as spinach), beans, nuts, and whole grains will help you get there. Pumpkin seeds, soy milk, bananas, and dark chocolate (in moderation!) are also good sources. Eating one serving of spinach, an ounce of almonds, and a banana provides 190 mg of magnesium. That's nearly 60% of the daily recommendation for women and 45% for men.

Should you take a magnesium supplement? Unless you have a diagnosed or suspected magnesium deficiency, or a condition with clear evidence of benefit such as preeclampsia or Crohn's disease, there's no compelling reason to routinely take a magnesium supplement. For some conditions, such as insomnia or migraine headaches, a magnesium supplement may be worth a try. But it's a good idea to run this by your doctor first. All supplements come with a risk of side effects. In the case of magnesium, this includes nausea and diarrhea.

Which type of magnesium is best? Magnesium found in foods is usually the best choice. When needed, magnesium supplements are available in several different forms, including:

- magnesium citrate, which is often taken as a laxative for gut health
- magnesium glycinate, which is commonly promoted for improved sleep and reduced anxiety
- magnesium oxide, which tends to be taken for constipation or indigestion.

The bottom line. Most people are fine without paying too much attention to their magnesium status. If you have concerns about whether you're getting enough magnesium and whether you should take a supplement, ask your doctor about it. But don't be surprised if you get some familiar advice: Choose a healthy, well-balanced diet. Your body will take care of the rest.

Fonte: <https://www.health.harvard.edu/blog/what-can-magnesium-do-for-you-and-how-much-do-you-need-202506033100>
(adaptado de para fins educacionais)

6. QUESTÃO 01 – Por que o magnésio é importante para o organismo humano e o que ele ajuda a regular no corpo? *

7. **QUESTÃO 02 – Quantos e quais são os distúrbios ou condições em que a suplementação de magnésio no organismo pode ser benéfica?** *

8. **QUESTÃO 03 – Qual o nome dado à falta de magnésio no sangue? Cite três causas comuns da deficiência desse mineral.** *

9. **QUESTÃO 04 – Quais alimentos são boas fontes de magnésio e qual é o exemplo de cardápio mencionado que tem 190mg desse mineral em sua composição?** *

10. **QUESTÃO 05 – O que recomendo o texto para pessoas com dúvidas sobre sua ingestão de magnésio?**

*

Este conteúdo não foi criado nem aprovado pelo Google.

Google Formulários

