



PHARMSOL NEWS

Overcoming Diabetes with Oral Magnesium Supplementation

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Diabetes mellitus is also profoundly termed as “Silent killer” as it does not provide noticeable symptoms during early stages, often unnoticed, damage to organs and bodily functions. While there are many drugs being used for Diabetes, therapy is also focussed on given supplements which can help to keep a control.



We are glad to bring up this article as a part of our newsletter. This is collative outcome of many data base, literature references and medical journals which lead to summative write up, keeping the essence of those details which we could garner in one of the most important problems in Diabetes patients and risk of strokes and heart attacks. One of the causes identified is lack or **insufficient Magnesium** leading to further complication in

insulin metabolism in Diabetics. Magnesium deficiency impairs post-receptorial function, reducing glucose utilization in cells.

Magnesium has important effects on other parameters closely related to glucose metabolism such as body composition, general health, sleep quality. Magnesium levels can be associated with inflammatory parameters. Magnesium could be important in ameliorating dyslipidaemia an abnormally which is high or low levels of lipids (fats) in the blood, such as cholesterol and triglycerides, that can increase the risk of cardiovascular diseases like heart attacks and strokes.

Magnesium supplementation



Oral magnesium supplementation is shown to improve glucose metabolism due to its actions as a cofactor in enzymes for glucose processing thereby enhancing insulin sensitivity. Data and literature

reviews have shown that it helps lower fasting blood glucose levels, especially in individuals with type 2 diabetes and those at high risk for it. Magnesium complements and supports insulin signalling, stimulates glucose uptake through various metabolic pathways. Hence is an inexpensive and easy-to-use adjuvant therapy in stabilizing glucose levels and in managing manage type 2 diabetes

The review of scientific data has propounded regarding oral Magnesium .

- Improves insulin secretion from Pancreatic beta cells.
- Oral supplementation significantly improves FPG (fasting plasma glucose) and 2hOGTT (2-hour oral glucose tolerance test)
- No adverse effects in oral supplementation appears to have a beneficial role and improved glucose parameter in people with diabetes

PharmSol and its SMEs have been working on many such projects. Need to connect us pls. approach the coordinates given below.



Get in touch with our experts inquiries@pharm-sol.com or info@pharm-sol.com

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