

## MAGNESIUM QUIZ

**Please check all that apply:**

- I have depression.
- I feel irritable.
- I have attention deficit disorder (ADHD).
- I have autism.
- I am anxious.
- I have insomnia or trouble falling asleep.
- I have muscle twitching.
- I have premenstrual syndrome.
- I have leg or hand cramps.
- I have restless leg syndrome.
- I have heart flutters, skipped beats or palpitations.
- I get frequent headaches or migraines.
- I have trouble swallowing.
- I have acid reflux.
- I am sensitive to loud noises.
- I feel fatigued.
- I have asthma.
- I have constipation (fewer than 2 bowel movements a day).
- I have excess stress.
- I have kidney stones.
- I have heart disease or heart failure.
- I have mitral valve prolapse.
- I have diabetes.
- I have low intake of kelp, wheat bran or germ, almonds, cashews, buckwheat and dark green leafy vegetables.

\_\_\_\_\_ **TOTAL**