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[Magnes Res.](#) 1993 Jun;6(2):155-63.

Trabecular bone density in a two year controlled trial of peroral magnesium in osteoporosis.

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Abstract

Since magnesium regulates calcium transport, and magnesium replacement in magnesium-deficient postmenopausal patients resulted in unexpected improvement in documented osteoporosis, we investigated the effect of magnesium treatment on trabecular bone density in postmenopausal osteoporosis. Thirty-one postmenopausal patients (mean age \pm SD = 57.6 \pm 10.6 years), consecutively admitted to the Back Rehabilitation Unit with musculoskeletal pain of non-malignant origin and bone density values of $<$ or $=$ 1.19 g/cm³ (measured by Compton Bone Densitometer), received two to six tablets daily of 125 mg each of magnesium hydroxide (Magnesium Magma USP; 'Mazor', Israel) for 6 months and two tablets for another 18 months in a 2 year, open, controlled therapeutic trial. Twenty-three symptom-free postmenopausal women (mean \pm SD = 61.2 \pm 6.2 years) whose bone density was concurrently assessed at the same laboratory and who were found to have osteoporosis but refused treatment, served as controls. No new fractures occurred. Twenty-two patients (71 per cent) responded by a 1-8 per cent rise of bone density. The mean bone density of all treated patients increased significantly after 1 year ($P < 0.02$) and remained unchanged after 2 years ($P > 0.05$). The mean bone density of the responders increased significantly both after one year ($P < 0.001$) and after 2 years ($P < 0.02$), while in untreated controls, the mean bone density decreased significantly ($P < 0.001$). The disparity between the initial mean bone density and bone density after one year in all osteoporotic patients and in the responders differed significantly from that of the controls (both $P < 0.001$). (ABSTRACT TRUNCATED AT 250 WORDS)

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