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Sommario/riassunto

Magnesium is universally recognized as an essential nutrient for human life and health. Indeed, magnesium plays an important physiologic role in every organ of the human body. Disturbances of Mg homeostasis have been implicated in the pathophysiology of several diseases, and Mg supplementation has been evaluated in numerous large-scale clinical trials. The World Health Organization has listed magnesium as among those essential nutrients that are consumed in suboptimal amounts by the general population. In particular, this occurs in Western ("Westernized") countries, where a modest to mild Mg²⁺ deficiency is thought to be common. The consequences of suboptimal Mg intake are largely unknown. A deeper understanding of the link between magnesium intake, its systemic homeostasis, and human pathophysiology is therefore much needed. Here, we have invited the experts to contribute original research or review articles that may help elucidate the pathophysiology of Mg and its underlying molecular mechanisms.
