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Novelties of magnesium dietary supplement in emergency care setting

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In this paper the author will talk about magnesium dietary supplement and its use in the management of certain disease states in an emergency setting. A literature search of PubMed, Google search and Scopus using key words such as magnesium, supplement, magnesium citrate, chloride, lactate or aspartate migraine, and torsades de pointes were conducted in January 2017. There was no exception made to limit inclusion of relevant clinical trials and the trials referenced were not published yet. Magnesium is an essential electrolyte regulating a myriad of metabolic processes. Besides replenishing hypomagnesaemia levels, Mg is also used in the management of Torsades de pointes (Tdp), eclampsia and severe asthma exacerbations in the

emergency setting. However, clinical justification for the use of Mg supplement in treatment of migraines and alcohol withdrawal syndrome remains inconclusive. Consideration for Mg supplementation use including pharmacology, dose, and adverse effects are discussed in this article. However, the use is based on practitioner's choice and requires validated randomized controlled studies to establish dose regimens. Given the versatility and reasonable-cost Mg diet treatment offers in acute emergency settings, pharmacists should be well informed regarding the potential therapeutic role and considerations of Mg dietary sources, recommended intake, and supplementation.

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