

Peer Review

Review of: "Calcium-Magnesium Balance—Clinical Implications for Global Human Health"

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This is an outstanding and timely review article that presents a comprehensive synthesis of current knowledge regarding the physiological and clinical significance of the calcium-to-magnesium (Ca:Mg) ratio. The authors have successfully drawn from a wide range of high-quality sources—including biochemical, epidemiological, and clinical studies—to provide an integrative understanding of how Ca:Mg imbalance may contribute to the pathogenesis of chronic diseases such as cardiovascular disease, cancer, diabetes, dementia, and post-COVID syndromes.

The manuscript is well-organized, scientifically rigorous, and clearly written. The discussion of how Ca:Mg status influences vitamin D metabolism and PTH regulation is particularly valuable and clinically relevant. The authors also offer thoughtful insights into public health and nutritional implications, highlighting the potential value of adjusting Ca:Mg intake at the population level.

In my view, this review is a significant contribution to the fields of nutrition, preventive medicine, and endocrinology. It is highly informative, well-supported by evidence, and likely to stimulate further research and clinical discussion.

I have no suggestions for revision. The manuscript is suitable for publication in its current form.

Declarations

Potential competing interests: No potential competing interests to declare.