

Peer Review

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

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This study provides a comprehensive overview of the critical role of calcium and magnesium balance in human health, emphasizing the importance of optimal ratios. It synthesizes current evidence and highlights the need for clinical validation of laboratory and dietary recommendations. Here are some suggestions for improvement:

1. Provide clinicians with practical, evidence-based recommendations for evaluating and correcting calcium-to-magnesium imbalances, including appropriate testing methods and supplementation protocols.
2. Highlight scalable public health strategies, such as dietary guidelines and food fortification programs, to effectively reduce calcium and magnesium deficiencies worldwide.
3. Identify critical gaps in current knowledge and recommend areas for future research, encouraging the design of clinical trials and validation studies to determine optimal mineral ratios and treatment outcomes.

Declarations

Potential competing interests: No potential competing interests to declare.