

[Open Peer Review on Qeios](#)

Magnesium-rich Mineral Water

National Cancer Institute

Source

National Cancer Institute. *Magnesium-rich Mineral Water*. NCI Thesaurus. Code C148542.

Carbonated, iron-depleted mineral water from the French springs of Beauregard-Vendon (Rouzat) containing very high amounts of the mineral magnesium as well as sodium, calcium, potassium, bicarbonate, sulfate, chloride and nitrate, that can be used for supplemental purposes and can potentially be used to treat hypomagnesemia. Magnesium, an electrolyte, plays a key role as a cofactor in multiple enzymatic reactions and for muscle and nervous system functioning. Hypomagnesemia may manifest as asthenia, cramps, muscle weakness, fatigue, and mood disorders.