

# Review of: "Magnesium and Longevity"

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**Potential competing interests:** No potential competing interests to declare.

Dear authors, I read your manuscript with interest. The paper addresses an interesting issue regarding nutrition and longevity, emphasizing the role of Magnesium (Mg), vitamin D, and other agents in healthy aging and longevity. It accentuates how low Mg levels are being associated with neoplasia and many digestive disorders. The therapeutic target established for this ion is dependent on a series of other molecules, with Mg participating in over 800 enzymatic reactions.

I would like to address a few suggestions/questions:

1. This review article collects a series of data from the medical literature that highlights the role of Mg both at the enzymatic cellular level and as a co-participant in various biochemical processes. I propose to treat this subject from fewer perspectives but in a manner focused on some actions of Mg that attest to its deep involvement in longevity.
2. A series of data are stated with reference to magnesium, vitamin D metabolism, and telomere maintenance. I propose a return to figure no. 2 with a clearer explanation of the disturbances occurring with Mg deficiency.
3. I would propose an approach either predominantly clinical or predominantly biochemical to bring solid evidence for your review.

This article is a valuable contribution to the field of aging and longevity. It calls attention to Mg deficiency as a modifiable risk factor for aging-related diseases, so that future research could benefit from exploring the therapeutic potential of magnesium.