

Nutritional Value 1 Tablespoon Chia Seeds

Magnesium in biology e. foods and the amount of magnesium in them: Pumpkin seeds, no hulls (1/4 cup) = 303 mg Chia seeds (1/4 cup) = 162 mg Buckwheat flour (1/2 cup) = 151 mg Magnesium is an essential element in biological systems. For example, adenosine triphosphate (ATP), the main source of energy in cells, must bind to a magnesium ion in order to be biologically active. It is an essential mineral nutrient (i. , element) for life and is present in every cell type in every organism. What is called ATP is often actually Mg-ATP. Magnesium occurs typically as the Mg^{2+} ion. As such, magnesium plays a role in the stability of all polyphosphate compounds in the cells, including those associated with the synthesis of DNA and RNA

In plants, magnesium is necessary for synthesis of chlorophyll and photosynthesis. Over 300 enzymes require the presence of magnesium ions for their catalytic action, including all enzymes utilizing or synthesizing ATP, or those that use other nucleotides to synthesize DNA and RNA.

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