

Electronic supplementary material (ESM)

ESM Methods: Questionnaire symptoms magnesium

Question 1: In the past three weeks, how often have you suffered from:

	Daily (3 points)	Several days a week (2 points)	Once a week or less (1 point)	Not at all (0 points)
Muscle cramps				
Myalgia				
Muscle weakness				
Stiffness				
Tingling				
Restless legs				
Palpitations				
Fatigue				
Sleeping problems				
Difficulty concentrating				

Maximum score: 30

Question 2: In the past three weeks, to what extent have you suffered from:

	Very much (5 points)	Quite a lot (4 points)	Somewhat (3 points)	A little (2 points)	Almost not (1 point)	Not at all (0 points)
Muscle cramps						
Myalgia						
Muscle weakness						
Stiffness						
Tingling						
Restless legs						
Palpitations						
Fatigue						
Sleeping problems						
Difficulty concentrating						

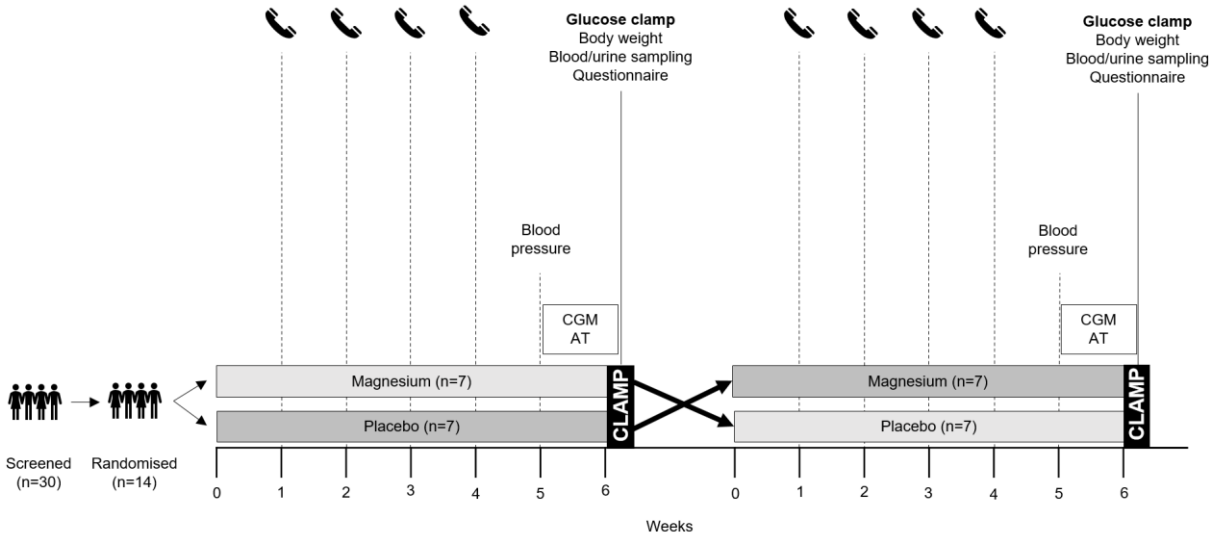
Maximum score: 50

Question 3: In the past three weeks, to what extent were you limited in your daily activities by:

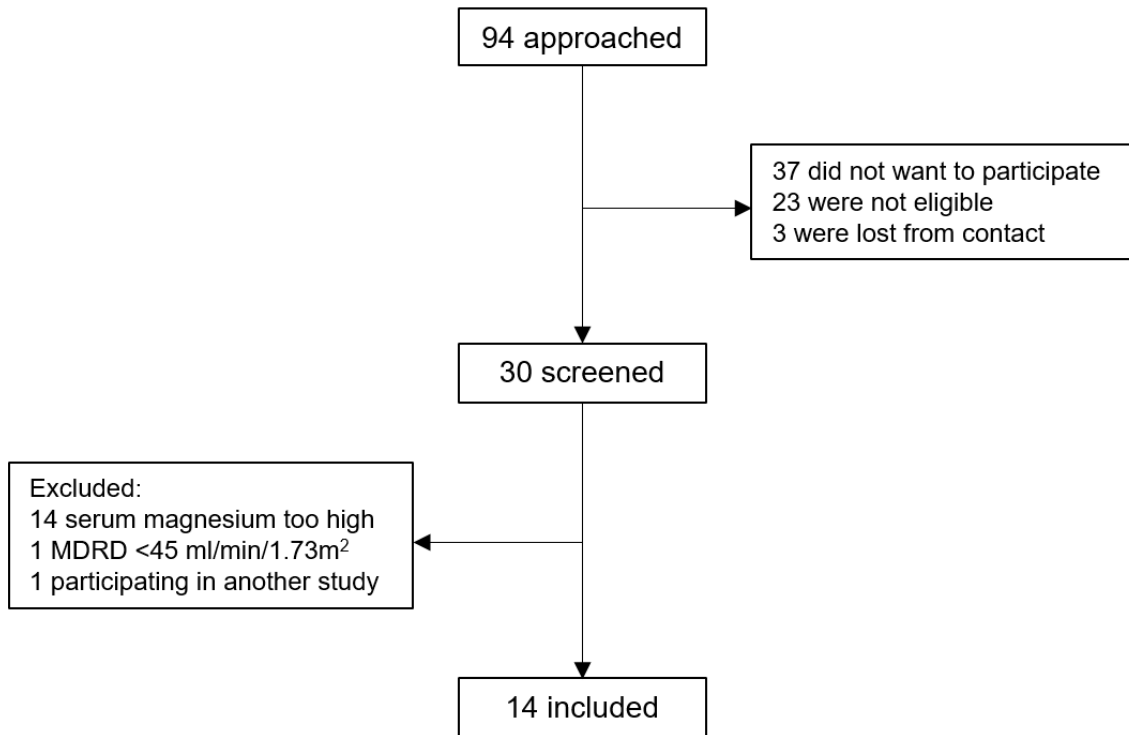
	Very much (5 points)	Quite a lot (4 points)	Somewhat (3 points)	A little (2 points)	Almost not (1 point)	Not at all (0 points)
Muscle cramps						
Myalgia						
Muscle weakness						
Stiffness						
Tingling						
Restless legs						
Palpitations						
Fatigue						
Sleeping problems						
Difficulty concentrating						

Maximum score: 50

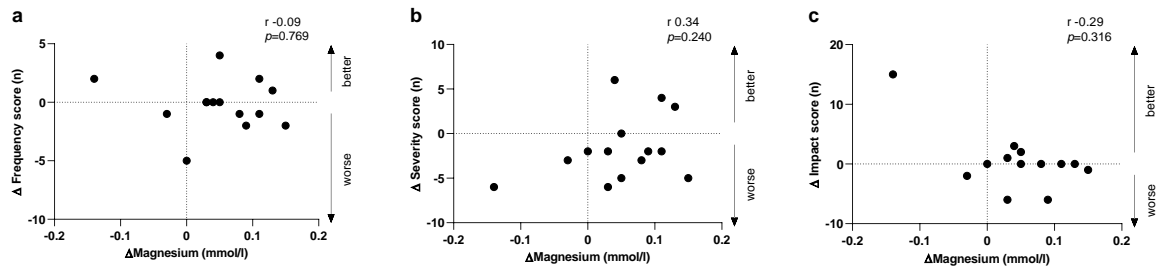
ESM figures



ESM Fig. 1 – Study design. CGM = continuous glucose monitoring; AT = activity tracker.



ESM Fig. 2 – Flowchart.



ESM Fig. 3 – Correlation between the change in serum magnesium concentration and the change in frequency (a), severity (b), and daily-life impact (c) score of hypomagnesemia-related symptoms after magnesium compared to placebo treatment. Data are presented as individual values.