Magnesium plays several key roles in the health of our eyes:

- Relaxes the smooth muscle in the eye. Eyelid twitching and other spasms of the eye, including a condition called Blepharospasm, can often be remedied with continued magnesium supplementation.

- Can help prevent ocular migraines (pain behind the eyes) by relaxing the associated spasms.

- Protects the optic nerve and other tissues at the back of the eyes from overstimulation.

- Prevents calcium accumulation in the focusing lens which can in turn accelerate the onset of cloudy cataract.

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