

# THIOGUARD® TST

EFFECTIVE, ENVIRONMENTALLY SAFE TOTAL SYSTEM TREATMENT FOR MUNICIPAL WASTEWATER



## NEWSLETTER ARCHIVE

Online Archive of the  
**THIOGUARD®** Newsletter Series



## RESOURCES

Website links and information  
related to **THIOGUARD®**



**THIOGUARD® TST** is a non-hazardous  
application with no required  
reportable quantities (RQ = None)

**THIOGUARD.COM**



OWNED, MINED  
AND PRODUCED  
IN THE USA

© PREMIER MAGNESIA | ISO 9002:1994

## WATERJAM 2018

THE VIRGINIA BEACH CONVENTION CENTER  
THURSDAY, SEPTEMBER 13<sup>TH</sup> • 9-9:30 AM  
SESSION 37 • ROOM 3C

Join Premier's Partner,  
**DR. ALAN BOWERS OF VANDERBILT UNIVERSITY**,  
for his presentation on **Taking Magnesium to Heart:**  
Mg(OH)<sub>2</sub> for pH and Alkalinity Control in Drinking Water Treatment



At **THIOGUARD®**, we are concerned with all things magnesium, so when we run across an article like this one from the **American Water Works Association**, we want to share it. There are many parallel benefits that magnesium provides to improve human health, as well as improving biological water treatment. We hope you enjoy the article.



## MAGNESIUM, HARD WATER, AND HEALTH



Premier Magnesia, LLC is a global market leader in magnesia-based products and solutions.

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The risk relationship between hard water and reduced cardiovascular disease is well known, but it's the magnesium portion of the hardness that accounts for most of the beneficial effect. Magnesium is important in hundreds of biochemical processes, and adult daily requirements are approximately 300-350 mg/day. Most Americans consume less than the optimal daily amount of magnesium recommended for good health. Although diet is the major source of magnesium, drinking water can be an important contributor, and the uptake of magnesium from drinking water is more efficient than from most dietary components except milk/dairy. Dairy intake tends to decline with age, so even a small (~10 mg/L) consistent lifetime contribution from water can be an important supplement as we age. Bottled waters and naturally soft and softened waters tend to have little or no magnesium.

## WATER AND MAGNESIUM CONSUMPTION

Approximately half of the US population has been shown to consume less than the daily requirement of magnesium from foods (USDA & HHS 2015). The 2015 Dietary Guidelines Advisory Committee considered magnesium to be a shortfall nutrient that was under-consumed relative to the estimated average requirement (EAR) for many Americans. Magnesium deficiency and hypomagnesemia manifest in numerous disorders and diseases. Although diet is the primary source of intake, drinking water can be a lifetime contributor of supplemental magnesium to one's total daily intake depending on the source water composition and the treatment it has received.

[TO READ THE FULL ARTICLE, CLICK HERE](#) 

# THIOGUARD® TST

IS TECHNICAL GRADE MAGNESIUM HYDROXIDE  $Mg(OH)_2$   
THE NON-HAZARDOUS, EARTH-FRIENDLY ALTERNATIVE FOR PREVENTING ODOR  
AND CORROSION, WHILE PROVIDING POSITIVE PLANT BENEFITS.

[VISIT THIOGUARD.COM TO LEARN MORE](#) 

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THIOGUARD® HEADQUARTERS: 1275 Drummers Lane, Suite 102 | Wayne, PA 19087