MAGNESIUM (Mg) THE SUPER-MINERAL

MAGNESIUM IS A NUTRIENT THAT YOU NEED – IT’S IMPORTANT FOR MANY PROCESSES IN THE BODY.

- Relieves pain (headaches, migraines)
- Improves sleep
- Improves mood
- Relieves stress (depression, anxiety)
- Reduces muscle tension (restless legs, menstrual cramps)
- Lowers risk of diabetes
- Improves mood
- Improves sleep
- Reduces muscle tension (restless legs, menstrual cramps)

COMMON WARNING SIGNS OF MAGNESIUM DEFICIENCY:

- Ringing in the ears
- Muscle cramps or spasms
- Depression
- Abnormal heart function
- Kidney stones
- Fatigue

60% OF U.S. ADULTS ARE DEFICIENT IN MAGNESIUM

MAGNESIUM RECOMMENDED DIETARY ALLOWANCE

<table>
<thead>
<tr>
<th>MILLIGRAMS (per day)</th>
<th>AGE (year)</th>
<th>MILLIGRAMS (per day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>1–3</td>
<td>80</td>
</tr>
<tr>
<td>130</td>
<td>4–8</td>
<td>130</td>
</tr>
<tr>
<td>240</td>
<td>9–13</td>
<td>240</td>
</tr>
<tr>
<td>360</td>
<td>14–18</td>
<td>410</td>
</tr>
<tr>
<td>310</td>
<td>19–30</td>
<td>400</td>
</tr>
<tr>
<td>320</td>
<td>31+</td>
<td>420</td>
</tr>
</tbody>
</table>

WAYS TO GET MORE MAGNESIUM EACH DAY:

1. Magnesium oil or lotion
   Absorbs through the skin

2. Magnesium rich foods
   - Spinach
   - Chard
   - Pumpkin seeds
   - Yogurt
   - Almonds
   - Black beans
   - Avocado
   - Figs
   - Dark chocolate
   - Figs
   - Bananas
   - Broccoli
   - Okra

3. Magnesium supplements
   The average adult does not typically get the RDA, so taking a supplement can be a simple solution.

Sources:
2. Blogs.Naturalnews.com/5-Warning-Signs-Magnesium-Deficiency/
4. blog.naturalhealthyconcepts.com/2013/04/04/magnesium-deficiency-the-adhd-autism-correlation-infographic/
5. positivemed.com/health-wellness/dataviz/magnesium-the-super-mineral/