

MAGNESIUM (Mg) THE SUPER-MINERAL

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

BENEFITS

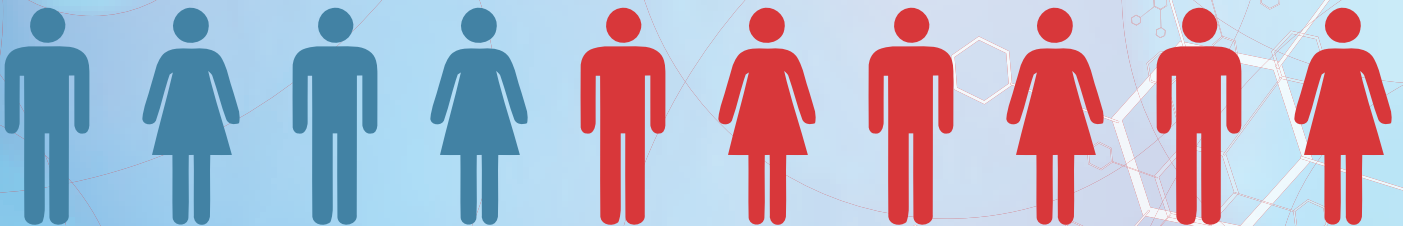
- relieves pain (*headaches, migraines*)
- improves sleep
- improves mood
- lowers risk of diabetes
- relieves stress (*depression, anxiety*)
- reduces muscle tension (*restless legs, menstrual cramps*)

COMMON WARNING SIGNS OF MAGNESIUM DEFICIENCY:

SYMPTOMS

- 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

MILLIGRAMS (per day)	AGE (year)	MILLIGRAMS (per day)
80	1-3	80
130	4-8	130
240	9-13	240
360	14-18	410
310	19-30	400
320	31+	420

3 WAYS TO GET MORE MAGNESIUM EACH DAY:

- Magnesium oil or lotion**
Absorbs through the skin
- Magnesium rich foods**
Spinach
Chard
Pumpkin seeds
Yogurt
Almonds
Black beans
Avocado
Figs
Dark chocolate
Bananas
Broccoli
Okra
- Magnesium supplements**
The average adult does not typically get the RDA, so taking a supplement can be a simple solution.

¹ <http://empoweredstenance.com/get-more-magnesium/>
² [Blogs.Naturalnews.com/5-Warning-Signs-Magnesium-Deficiency/](https://blogs.naturalnews.com/5-Warning-Signs-Magnesium-Deficiency/)
³ <http://ods.od.nih.gov/factsheets/Magnesium-Consumer/>
⁴ blog.naturalhealthyconcepts.com/2013/04/04/magnesium-deficiency-the-adhdautism-correlation-infographic/
⁵ positivemed.com/health-wellness/dataviz/magnesium-the-super-mineral/