MAGNESIUM

MAIN FUNCTIONS

• Structural component of bones and teeth
• Regulates nerve transmission and muscle contraction
• Assists in hundreds of essential cellular reactions

GOOD SOURCES

Whole Grains
wheat • oats • barley
• Brown Rice (cooked), 1 cup, 86 mg

Green Leafy Vegetables
Swiss chard • spinach
• Spinach (boiled), 1 cup, 157 mg

Nuts
hazelnuts • cashews
• Almonds, 1 ounce (23 almonds), 77 mg

DAILY RECOMMENDATION

<table>
<thead>
<tr>
<th></th>
<th>Men 19–30 Years</th>
<th>Women 19–30 Years</th>
<th>Men 31+ Years</th>
<th>Women 31+ Years</th>
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</thead>
<tbody>
<tr>
<td>400 mg</td>
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<td>310 mg</td>
<td>420 mg</td>
<td>320 mg</td>
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SPECIAL NOTES

• Most people consume too little magnesium.
• The Tolerable Upper Intake Level (UL) for magnesium is 350 mg/day from supplements. The UL does not apply to naturally occurring magnesium from food.