

MAGNESIUM



Oregon State University
Linus Pauling Institute

MAIN FUNCTIONS

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

DAILY RECOMMENDATION

400
mg

Men
19–30 Years

310
mg

Women
19–30 Years

420
mg

Men
31+ Years

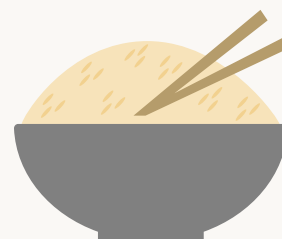
320
mg

Women
31+ Years

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



mg = milligrams

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.