



HOW GOOD IS MAGNESIUM FOR YOU?

Magnesium plays a role in more than 600 different enzymatic reactions throughout the human body.

HOW MUCH MAGNESIUM DO YOU NEED?

According to Food and Nutrition Board (FNB) at the Institute of Medicine (IOM), the recommended daily intakes are:

Age	Male	Female	Pregnancy	Lactation
0-6 months	30 mg	30 mg		
7-12 months	75 mg	75 mg		
1-3 years	80 mg	80 mg		
4-8 years	130 mg	130 mg		
9-13 years	240 mg	240 mg		
14-18 years	410 mg	360 mg	400 mg	360 mg
19-30 years	400 mg	310 mg	350 mg	310 mg
31-50 years	420 mg	320 mg	360 mg	320 mg
51+ years	420 mg	320 mg		

TOP
10

MAGNESIUM - RICH FOODS -

1 SPINACH

157 MG | 1 CUP



6 BLACK BEANS

60 MG | 1/2 CUP



2 CHARD

154 MG | 1 CUP



7 AVOCADO

58 MG | 1 MEDIUM

3 PUMPKIN SEEDS

92 MG | 1/8 CUP



8 FIGS

50 MG | 1/2 CUP



4 YOGURT OR KEFIR

50 MG | 1 CUP

9 DARK CHOCOLATE

95 MG | 1 SQUARE



5 ALMONDS

80 MG | 1 CUP



10 BANANA

32 MG | 1 MEDIUM

9

HEALTH BENEFITS OF MAGNESIUM

1 Support Healthy Bones

Without sufficient magnesium, your body is unable to properly absorb calcium.

Researchers found that a diet which includes more magnesium can result in a significant increase in mineral bone density.



2 Relieves Constipation

Researchers found that both low water intake and lack of magnesium are associated with higher instances of constipation.

A study found that magnesium hydroxide was more effective as a constipation remedy than bulk-laxative for a population of elderly patients



3 Helps with Sleep

Magnesium is able to activate your parasympathetic nervous system, regulate melatonin and bind to GABA receptors to help improve sleep quality.



4 Improves Heart Health

Magnesium is needed for your heart's electrical activity to function normally.

Magnesium widens your blood vessels, reduces inflammation, improves fat metabolism and prevents blood platelet aggregation.

Higher amount of circulating magnesium could result in a 30% drop in the risk of cardiovascular disease and 22% reduction in the risk of ischemic heart disease.



5 Prevent and Fight Migraine Headaches

Studies indicate that magnesium help to reduce the intensity and duration of migraines.

One study found that taking a gram of magnesium relieved migraine headaches more swiftly and effectively than medication.



6 Regulates Levels of Sodium and Potassium

Magnesium helps to regulate the transport of calcium, sodium and potassium ions across the membranes of cells.

This is a vital function when it comes to controlling your heart rhythm, contractions of your muscles, and the proper function of your nerves.



7 Help You Stay Energized

Magnesium is used to create "energy" in your body by activating adenosine triphosphate, also known as ATP.

This helps your body regulate energy levels and keep moving!



8 Helps Prevent Anxiety

Magnesium deficiency results in HPA axis dysregulation.

HPA axis is a hormonal response system to stress and when dysregulated impairs your ability to properly respond to stress.



9 Is Anti-Inflammatory

In a study, children with the lowest circulating levels of magnesium had the highest levels of CRP, an inflammatory marker.

Studies on women found that markers of systemic inflammation decreased modestly in proportion to higher magnesium intake.



Authority Diet

www.authoritydiet.com

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