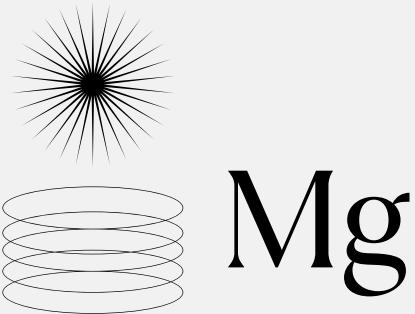


# Magnesium



## What is Magnesium?

Magnesium is a mineral that is essential to the body's functioning,. It functions to keep bones, muscles and nerves healthy, as well as regulate blood sugar and blood pressure. It also helps with the production of protein, bone, and DNA synthesis.

## Why is it so important?

Magnesium is an essential nutrient that helps regulate and sustain many body functions. If you do not get enough magnesium, you could be at risk for multiple diseases later on in life, such as heart attack, stroke, diabetes and osteoporosis.

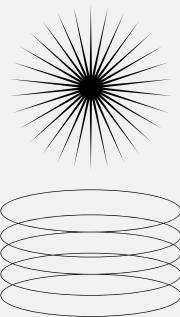
## How much Magnesium do I need?

The RDI for magnesium is 400mg/day for women, and 310 mg/day for men. Most people should reach this intake with adequate consumption of fruits and vegetables, such as bananas and leafy greens.

## Why would someone need more Magnesium ?

People who experience sleep trouble, depression, anxiety, diabetes, and migraines might benefit from increasing dietary magnesium into their diet.

# Magnesium



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Forms of Magnesium and Benefits

<b>Magnesium Oxide</b>	<p>What it does in the body: reduces blood pressure and blood sugar</p> <p>Benefits: improve headaches, constipation, heart burn, indigestion, may ease anxiety</p> <p>Food sources: cashews, avocados, pumpkin seeds</p>
<b>Magnesium Citrate</b>	<p>What it does in the body: causes intestines to release water</p> <p>Benefits: eases constipation and is gentle on stomach</p> <p>Food sources: spinach, black beans, soy</p>
<b>Magnesium Glycinate</b>	<p>What it does in the body: decrease blood sugar and blood pressure</p> <p>Benefits: improve sleep quality and reduce anxiety</p> <p>Food sources: swiss chard, seaweed, lentils</p>
<b>Magnesium Malate</b>	<p>What it does in the body: lower inflammation, blood sugar regulation</p> <p>Benefits: improves mood, blood sugar control, exercise performance and reduce chronic pain</p> <p>Food sources: dark chocolate, cashews, avocados</p>
<b>Magnesium Orotate</b>	<p>What it does in the body: improves energy production in heart and blood vessel tissues</p> <p>Benefits: improves heart health, reduce risk of myocardial dysfunction</p> <p>Food sources: pumpkin seeds, black beans, bananas</p>
<b>Magnesium L-Threonate</b>	<p>What it does in the body: supports a healthy brain and reduces inflammation</p> <p>Benefits: support brain health, relieve pain, relieve constipation</p> <p>Food sources: legumes, spinach, black beans</p>
	<p>What it does in the body: increases water in the intestines and</p>

## **Magnesium Sulfate**

relaxes muscles

Benefits: short term relief of constipation, or used as a soaking solution for minor injuries such as sprains, bruises, muscle aches and discomfort

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