

# The Wonders of Magnesium

## Fact sheet

- Fifty percent of most Americans do not consume enough (RDA) of magnesium.
- Magnesium is the fourth most abundant mineral in the human body and plays several important roles in the health of your body and brain.
- Over half of our magnesium in our bodies is found in the bones while the rest is in muscle and soft tissue.
- Magnesium helps convert food to energy within our bodies.
- Helps with the protein formation from amino acids (important for cellular repair)
- Magnesium helps with the repair and maintenance of DNA and RNA.
- Helps to regulate the neurotransmitters that sends messages to your brain and nervous system.
- Helps to regulate blood sugar within the muscles of the body and can be helpful in the fight against diabetes.
- Magnesium is directly linked to brain function and daily mood levels.
- May help reduce blood pressure for those who have elevated levels.
- Magnesium helps reduce overall inflammation.
- Increased magnesium levels directly correlate to reduced migraine and tension headaches.
- Magnesium helps to reduce insulin resistant diabetes for those with metabolic syndrome.
- Magnesium helps with PMS (premenstrual syndrome) symptoms.
- Supplement forms that are absorbed well include magnesium citrate, glycinate, orotate, carbonate and ionic.
- Topical magnesium oils and creams as well as Epsom Salt deliver relief directly to sore muscles but is also is absorbed into the body while bypassing the digestive tract.

# The 10 Best Foods Highest in Magnesium

420mg of Magnesium = 100% of the Daily Value (%DV)

## 1 Spinach



37% DV (157mg) magnesium  
per cup cooked

21% DV (87mg)  
per 100 grams

## 2 Seeds (Squash and Pumpkin Seeds)



37% DV (156mg) magnesium  
per 1oz handful

131% DV (550mg)  
per 100 grams

## 3 Lima Beans



30% DV (126mg) magnesium  
per cup cooked

18% DV (74mg)  
per 100 grams

## 4 Tuna



26% DV (109mg) magnesium  
per 6oz fillet

15% DV (64mg)  
per 100 grams

## 5 Brown Rice



20% DV (86mg) magnesium  
per cup

10% DV (44mg)  
per 100 grams

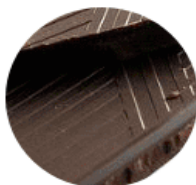
## 6 Almonds



18% DV (77mg) magnesium  
per 1oz handful

64% DV (270mg)  
per 100 grams

## 7 Dark Chocolate (85% Cocoa)



15% DV (65mg) magnesium  
per 1oz square

54% DV (228mg)  
per 100 grams

## 8 Avocados



14% DV (58mg) magnesium  
per avocado

7% DV (29mg)  
per 100 grams

## 9 Non-Fat Yogurt



11% DV (47mg) magnesium  
per cup

5% DV (19mg)  
per 100 grams

## 10 Bananas



10% DV (41mg) magnesium  
per cup sliced

6% DV (27mg)  
per 100 grams