



# MAGNESIUM

Magnesium is an **essential mineral** for the proper functioning of the **human body**. It is involved in **more than 300 metabolic reactions** in the body. It is essential to the maintenance of a **regular heartbeat**, the metabolism of lipids, as well as the regulation of blood sugar and blood pressure.

## FOOD SOURCES



**Flax seeds**  
24,5 mg  
[1 tbsp, 7 g]



**Brazil nuts**  
4,580 mg  
[8uni, 72 g]



**Wheat bran**  
144 mg  
[30 g]



**Oat flakes**  
19 mg  
[3 tbsp 24 g]



**Extra dark chocolate 50%**  
31,2 mg  
[4 squares, 24 g]



**Almonds**  
80 mg  
[1 handful, 29 g]

## SIGNS OF DEFICIENCY

Magnesium deficiency can have many pathological consequences such as **gastrointestinal and renal disorders**. A deficiency can lead to hypocalcemia and hypokalemia with **cardiac and neurological symptoms**.

## NUTRITIONAL NEEDS



0 - 6 months 30 mg/day



7 - 12 months 75 mg/day



1 - 3 years old 80 mg/day



4 - 8 years old 130 mg/day



9 - 13 years old 240 mg/day



14 - 18 years old 410 mg/day



14 - 18 years old 360 mg/day



14 - 50 years old 360 - 400 mg/day



14 - 50 years old 310 - 360 mg/day



19 - 30 years old 400 mg/day



19 - 30 years old 310 mg/day



+30 years old 420 mg/day



+30 years old 320 mg/day