Forms of Mg
Magnesium Sulfate
Magnesium Oxide
Magnesium Gluconate
Magnesium Chloride
Magnesium Citrate
Magnesium Aspartate
Other Amino Acid Chelates

Benefits you didn’t know about
Helps regulate mood
Slows down the aging process
Found in many laxatives
Used to alleviate vascular headaches

Performance Benefits
Increase muscle power and strength
Involved with protein formation
Increase recovery and regeneration from training
Involved in energy production

Health Benefits
Aids the immune system
Enhances bone health
Decrease the chances of heart attack
Aids in lowering blood pressure
Increase nerve conduction
### RDA Recommended Dietary Allowances

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
<th>Pregnancy</th>
<th>Lactation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 6 months</td>
<td>30 mg</td>
<td>30 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-12 months</td>
<td>75 mg</td>
<td>75 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 years</td>
<td>80 mg</td>
<td>80 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-8 years</td>
<td>130 mg</td>
<td>130 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-13 years</td>
<td>240 mg</td>
<td>240 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14-18 years</td>
<td>410 mg</td>
<td>360 mg</td>
<td>400 mg</td>
<td>360 mg</td>
</tr>
<tr>
<td>19-30 years</td>
<td>400 mg</td>
<td>310 mg</td>
<td>350 mg</td>
<td>310 mg</td>
</tr>
<tr>
<td>31-50 years</td>
<td>420 mg</td>
<td>320 mg</td>
<td>360 mg</td>
<td>320 mg</td>
</tr>
<tr>
<td>50 and older</td>
<td>420 mg</td>
<td>320 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* *suggested athlete intake should be 170 – 185% of RDA

* 600 – 800 mg/day should be taken for preventative strategies against depression

### Sources
- Dark Leafy Greens
- Nuts and Seeds
- Fish
- Soybeans
- Avocados
- Bananas
- Dark Chocolate
- Low Fat Yogurt

### Tidbit Facts
- Magnesium was first discovered outside the Greek city of Magnesia
- Magnesium was used as curative as early as ancient times as laxatives and Epsom salts
- There are about 4 – 6 teaspoons of magnesium in the human body
- Magnesium absorption occurs in the small intestine
- The average American diet contains barely over 50% of RDA of magnesium