

Magnesium Fact Sheet for Consumers



Magnesium is found naturally in many foods, including legumes, nuts, seeds, whole grains, and green leafy vegetables.

What is magnesium and what does it do?

Magnesium is a nutrient that the body needs to stay healthy. Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone, and DNA.

The amount of magnesium you need depends on your age and sex. Average daily recommended amounts are listed below in milligrams (mg):

Life Stage	Recommended Amount
Birth to 6 months	30 mg
Infants 7–12 months	75 mg
Children 1–3 years	80 mg
Children 4–8 years	130 mg
Children 9–13 years	240 mg
Teen boys 14–18 years	410 mg
Teen girls 14–18 years	360 mg
Men	400–420 mg
Women	310–320 mg
Pregnant teens	400 mg
Pregnant women	350–360 mg
Breastfeeding teens	360 mg
Breastfeeding women	310–320 mg

What foods provide magnesium?

Magnesium is found naturally in many foods and is added to some fortified foods. You can get recommended amounts of magnesium by eating a variety of foods, including the following:

- Legumes, nuts, seeds, whole grains, and green leafy vegetables (such as spinach)
- Fortified breakfast cereals and other fortified foods
- Milk, yogurt, and some other milk products

What kinds of magnesium dietary supplements are available?

Magnesium is available in multivitamin-mineral supplements and other dietary supplements. Forms of magnesium in dietary supplements that are more easily absorbed by the body are magnesium aspartate, magnesium citrate, magnesium lactate, and magnesium chloride.

Magnesium is also included in some laxatives and some products for treating heartburn and indigestion.

Magnesium And The Cell A Volume In The Factsbook Series

RJ Alexander



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