

Magnesium

Why do we need it?

- Essential for healthy muscles, bones & nerves.
- Aids muscle recovery.
- To ensure the parathyroid gland works normally -which produces hormones for bone health.



Recommended Daily Allowance: depends on gender.

Men: **300mg**

Women: **270mg**



= **23mg**

One cup of kale



= **392mg**

100g of Flaxseeds

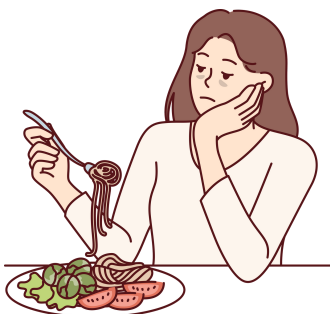


= **176mg**

100g of Pinto beans

Symptoms of Deficiency

Loss of appetite



Headaches



Nausea



Muscle cramps

