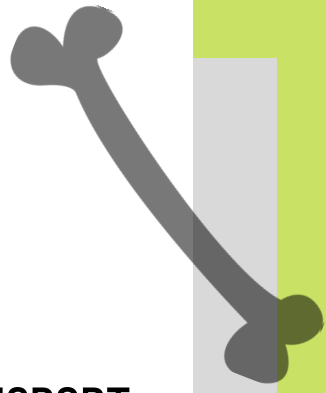


MAGNESIUM

THE ALL-PURPOSE MINERAL

MAIN FUNCTIONS

- REQUIRED FOR THE PRODUCTION OF ENERGY
- AIDES IN THE STRUCTURAL DEVELOPMENT OF BONES
- NECESSARY FOR DNA & RNA SYNTHESIS
- CONTRIBUTES TO CALCIUM AND POTASSIUM ION TRANSPORT



DEFICIENCY CONDITIONS

A DEFICIENCY CAN OCCUR DUE TO INADEQUATE INTAKE, EXCESSIVE LOSS, LONG-TERM ALCOHOLISM, AND SOME MEDICATIONS. SYMPTOMS INCLUDE NAUSEA, VOMITING, NUMBNESS, & CRAMPS. THOSE AT RISK INCLUDE HAVING GI DISEASES, TYPE 2 DIABETES, AND OLDER ADULTS.



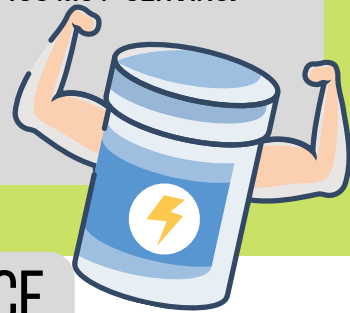
FOOD SOURCES

SOURCE	MILLIGRAMS PER SERVING
PUMPKIN SEEDS (1 OZ)	156 MG
SPINACH (.5 CUP)	78 MG
BLACK BEANS (.5 CUP)	60 MG
ATLANTIC SALMON (3 OZ)	26 MG



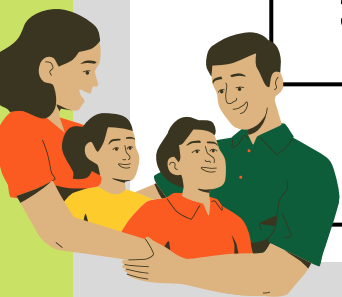
SUPPLEMENTS

- BIOEMBLEM TRIPLE MAGNESIUM COMPLEX (3 MG / SERVING)
- LIFE EXTENSION MAGNESIUM CAPS (500 MG / SERVING)
- THORNE MAGNESIUM BISGLYCINATE POWDER (200 MG / SERVING)
- TRACE MINERALS MEGA MAG (400 MG / SERVING)



RECOMMENDED DAILY ALLOWANCE

AGE	MALE	FEMALE	PREGNANCY	LACTATION
19 - 30	400 MG	310 MG	350 MG	310 MG
31 - 50	420 MG	320 MG	360 MG	320 MG
51 +	420 MG	320 MG		



FUN FACTS

- ROUGHLY 75% OF U.S. ADULTS CONSUME LESS THAN THE RECOMMENDED DAILY ALLOWANCE (RDA) OF MAGNESIUM.
- MAGNESIUM IS REGULARLY USED IN THE ACUTE TREATMENT OF ECLAMPSIA DURING PREGNANCY AND ACUTE MYOCARDIAL INFARCTION.
- THERE ARE ABOUT 4-6 TEASPOONS OF MAGNESIUM IN THE HUMAN BODY



SOURCES