

12 24.305

Mg

Magnesium

ARE YOU GETTING ENOUGH

Magnesium?



*According to the American Psychological Association

Magnesium supports a calm, relaxed mood and helps balance a healthy stress response.

(Mark, 2001; Tarleton 2017; Rajizadeh, 2017)

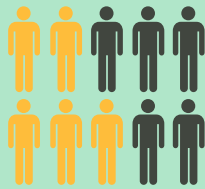
3 OUT OF **4** Americans report experiencing at least one stress symptom in the last month*

35% of Americans report feeling nervous or anxious*

3 of an individual's health status may be linked to stress levels*



50% of adults do not get enough Mg for good health. (Rosanoff, 2012)



mood

stress control

feeling anxious

Where can Mg help?

muscle function

foundational health

glucose metabolism

Why whole food magnesium?

Organic, Mg-rich leafy veggies



+



Whole food-based Mg supplements

=

Mg intake
Health benefits

Dietary Mg Intake in the U.S.*

Recommended	Actual	Gap
400-420mg (male)	350mg	50-70mg
310-320mg (female)	260mg	50-60mg

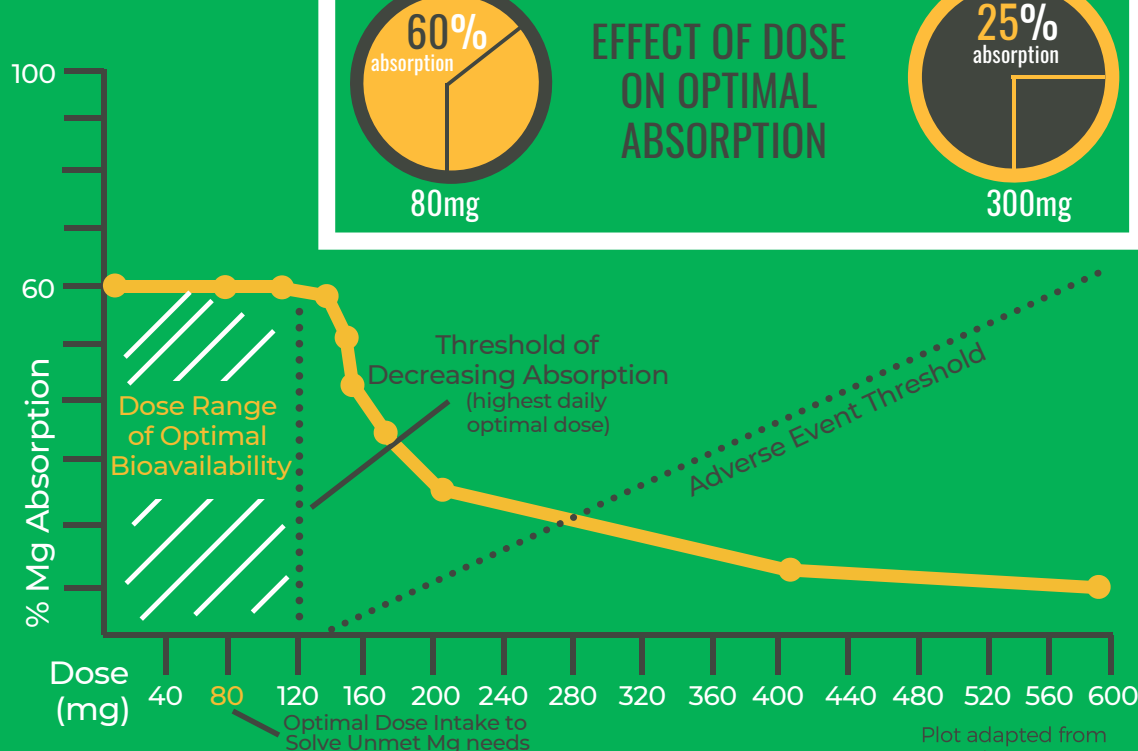
*NHANES 2005-2006

*Maximum and optimal range of absorption of Mg is seen at a daily dose of **80mg** and up to **123mg** per day, which is around **55-65%** absorption.

Any additional amount above this dose would be absorbed at just

7%

*Fine, 1991



Plot adapted from Fine, 1991