

Top 12 Sources of Magnesium

310mg/day for women age 19-30 | 350mg/day if pregnant
320mg/day for women age 31+ | 360mg/day if pregnant
400mg/day for men age 19-30 & 420mg/day for men age 31+



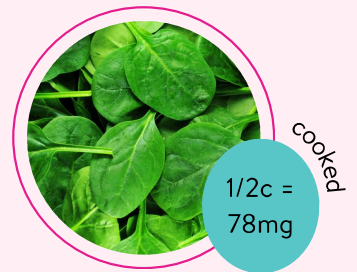
Pumpkin Seeds



Chia Seeds



Almonds



Spinach



Cashews



Peanuts



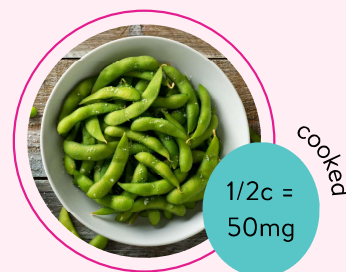
Shredded Wheat Cereal



Soy milk, Unsweetened



Black Beans



Edamame



Peanut Butter



Baked Potato (with Skin)