



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

MAGNESIUM

Magnesium is involved in over 600 cellular functions including protein formation, energy creation, gene maintenance, muscle movements and nervous system regulation. It is needed in every cell of your body. It plays an important role in relaying signals between the brain and body and is key for brain development, memory, learning and can help fight depression.

Sources of Magnesium: Dark green leafy greens, nuts, seeds, grains, dry beans, dark chocolate (Happy Days 😊) and avocados. Here is a list of food containing magnesium and how much magnesium each food contains.

<https://my.clevelandclinic.org/health/articles/15650-magnesium-rich-food>