

1.4 Magnesium intake and sources in diet

The recommended magnesium intake is 4.5mg/Kg/day, which is lower than previously recommended dose of 6-10mg/Kg/day, this recommended value increases in pregnant females (table 3) (Swaminathan, 2003).

Table (2) Recommended Dietary Allowances (RDAs) for Magnesium *

| Age | Male | Female | Pregnancy | Lactation |
|-------------------|--------|--------|-----------|-----------|
| Birth to 6 months | 30 mg* | 30 mg* | | |
| 7–12 months | 75 mg* | 75 mg* | | |
| 1–3 years | 80 mg | 80 mg | | |
| 4–8 years | 130 mg | 130 mg | | |
| 9–13 years | 240 mg | 240 mg | | |
| 14–18 years | 410 mg | 360 mg | 400 mg | 360 mg |
| 19–30 years | 400 mg | 310 mg | 350 mg | 310 mg |
| 31–50 years | 420 mg | 320 mg | 360 mg | 320 mg |
| 51+ years | 420 mg | 320 mg | | |

* Institute of Medicine (IOM). Food and Nutrition Board. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D and Fluorideexternal. Washington, DC: National Academy Press, 1997