

Magnesium sources in diet are mainly water , specifically "hard water" and green leafy vegetables, cereal, grain, nuts, cocoa, almonds , whole seeds.(table 4), (Swaminathan, 2003 and Alkurd, 2011)

Hard water provides a good source of magnesium hence it can provide up to 100 mg of magnesium daily. Furthermore, green leafy vegetables provide a good source of magnesium hence it is rich in chlorophyll (Alkurd ,2011 ; Eilat-Adar *et al.*, 2013 and Nicklas *et al.*, 2014) .

Magnesium content in food is largely dependent on its form. Unprocessed food contains much higher values of magnesium compared to processed food hence processing of food depletes magnesium content in foodstuff by 85% (Wester, 1987 and Swaminathan, 2003) .

Furthermore , magnesium concentration may be low in foodstuff where essential nutrients are depleted from soil. It is also known that new agricultural and food production technique often lead to reduced minerals content in plants (Rude, 1998 and Swaminathan, 2003).

However, recent studies show that the average magnesium intake in western countries is lower than the recommended dose allowance (Swaminathan, 2003).