

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