



MAGNIFICENT MAGNESIUM

Your body is constantly completing thousands of chemical processes that require lots of vitamins and minerals. One mineral, magnesium, supports over 300 of these processes.

WHAT IS MAGNESIUM?

Magnesium is an essential mineral, which means your body can't make it so you must get it from your diet. The name magnesium is derived from *Magnesia*, a district of Eastern Thessaly in Greece, where the mineral was first found.

WHAT ARE THE BENEFITS OF MAGNESIUM?

Magnesium is involved in over 300 bodily processes—it supports nerve, heart, muscle, and bone health, and is also known to help support muscle relaxation.*

HOW MUCH MAGNESIUM DO I NEED?

Even though magnesium is an essential mineral, approximately 50% of men and women do not consume the recommended amount of magnesium, according to the CDC.

The US Daily Value for magnesium is 420 mg of magnesium per day, but individual needs for magnesium differ. If you have questions about how much magnesium you need or if you are getting enough, talk to your health care provider.

WHICH FOODS CONTAIN MAGNESIUM?

Magnesium is mostly found in plant-based foods like vegetables, beans, nuts, and seeds. Some good sources include:

Food	Serving Size	Amount of Magnesium (mg)
Pumpkin seeds, roasted	1 oz.	156
Chia seeds	1 oz.	95
Brown rice	1 cup	86
Almonds, dry roasted	1 oz.	79
Spinach, boiled	1/2 cup	79
Baked potato	1 large potato	71
Dark chocolate	1.5 oz.	68
Black beans	1/2 cup	60
Soy milk	1 cup	51
Edamame	1/2 cup	50
Kidney beans	1/2 cup	45

WHAT ARE THE BENEFITS OF MAGNESIUM SUPPLEMENTS?

Magnesium supplements can be a great way to help increase your magnesium intake every day so you can support your nerve, heart, muscle, and bone health.*

If you're looking for a delicious magnesium option, try **vitafusion Magnesium**. With a fusion of natural tropical citrus flavor, it has 165 mg of magnesium in every 2-gummy serving. Rest assured that vitafusion gummies are made without gluten, high-fructose corn syrup, dairy, or synthetic FD&C dyes.

Brought to you by the **vitafusion™** nutrition experts

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**