

Fruits and Vegetables
HIGH in
MAGNESIUM

Spinach
57 mg per cup.
Beet Greens
98 mg per cup.
Dates
45 mg for 4 dates
Okra
74 mg per cup.
Artichokes
71 mg per cup.
Peas
71 mg per cup.
Papayas
64 mg per cup.
Potatoes
57 mg per cup.
Pumpkin
56 mg per cup.
Sweet Potatoes
56 mg per cup.
Collard Greens
51 mg per cup, cooked
Corn
48 mg per cup.
Squash
43 mg per cup.
Cucumber
With skin intact contain 39 mg per cup and
34 mg per cup if peeled.
Rutabaga
39 mg per cup.
Broccoli
33 mg per cup.
Banana
22 mg per banana
Brussels Sprouts
31 mg per cup.
Grapefruit
20.7 mg of magnesium per cup.



FIVE health
benefits of
magnesium:

1. Magnesium may reverse osteoporosis

Magnesium deficiency alters calcium metabolism and the hormones that regulate calcium, resulting in osteoporosis.

2. Magnesium prevents cardiovascular diseases

Sufficient magnesium intake may reduce the chance of having a stroke. Magnesium deficiency increases the risk of abnormal heart rhythms.

3. Magnesium helps regulate high blood pressure

Magnesium plays a key role in regulating blood pressure naturally.

4. Magnesium can help with diabetes

Magnesium aids in carbohydrate metabolism and influences the release of insulin, controlling blood glucose levels. It has been proven that for every 100 milligrams of increase in magnesium daily intake, there was a 15 percent decrease in the risk of developing type-2 diabetes.

5. Magnesium treats many disorders:

Magnesium has been used to treat migraines, insomnia, and symptoms of depression. Magnesium is also known to help severe forms of psychiatric dysfunctions including panic attacks, stress and anxiety.

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