
Optimal Magnesium intake

The Magnesium **R**ecommended **D**ietary **A**llowances (RDA) is shown in the following table:

<i>Age</i>	<i>RDA mg/day</i>
<i>Less than 6 months</i>	30
<i>7-12 months</i>	75
<i>1-3 years</i>	65
<i>4-8 years</i>	110
<i>9-13 years</i>	200
<i>14-18 years</i>	300
<i>19-24 years</i>	265
<i>Men 25-50 years</i>	300-350
<i>Women 25-50 years</i>	270-280
<i>Above 50 years</i>	350
<i>Women Pregnancy or breast feeding</i>	330-350