

The RDA (Recommended Dietary Allowance) is the amount of an essential nutrient that will meet the daily requirement for almost all (97.5%) HEALTHY individuals in a given gender and age-range group.

<b>Age-Gender Group</b>	<b>Magnesium RDA Milligrams/day</b>	<b>Magnesium AI Milligrams/day</b>	<b>Calcium AI Milligrams/day</b>
0 – 6 months		30 mg	210 mg
7 – 12 months		75 mg	270 mg
1 – 3 yrs	80 mg		500 mg
4 – 8 yrs	130 mg		800 mg
<b>Girls:</b>			
9 – 13 yrs	240 mg		1,300 mg
14 – 18 yrs	360 mg		1,300 mg
<b>Boys:</b>			
9 – 13 yrs	240 mg		1,300 mg
14 - 18 yrs	410 mg		1,300 mg
<b>Women:</b>			
19 – 30 yrs	310 mg		1,000 mg
31 – 50 yrs	320 mg		1,000 mg
51 – 70 yrs	320 mg		1,200 mg
Over 70 yrs	320 mg		1,200 mg
<b>Men:</b>			
19 – 30 yrs	400 mg		1,000 mg
31 – 50 yrs	420 mg		1,000 mg
51 – 70 yrs	420 mg		1,200 mg
Over 70 yrs	420 mg		1,200 mg
<b>Pregnancy:</b>			
aged 14 – 18 yrs	400 mg		1,300 mg
aged 19 – 30	350 mg		1,000 mg
aged 31 - 50	360 mg		1,000 mg
<b>Lactation:</b>			
Aged 14 – 18 yrs	360 mg		1,300 mg

Aged 19 – 30

310 mg

1,000 mg

Aged 31 - 50

320 mg

1,000 mg