



Daily magnesium requirements

Age	Daily requirements
Small child (1 year)	80 mg
Youth up to 15	310 mg
Youth 15 to 19:	
Girls	350 mg
Boys	400 mg
Adults	
Women	300 mg
Men	350 mg
Pregnant women	310 mg
Nursing mothers	390 mg

Intensive bodily activity, e.g. sports increases the magnesium requirement.

Source: German Nutrition Association
(Deutsche Gesellschaft für Ernährung) 2000

Daily Calcium requirements

Age	Daily requirements
Small child (1 year)	600 mg
Youth up to 19	1200 mg
Adults	1000 mg
Pregnant women	1000 mg

Source: German Nutrition Association (Deutsche Gesellschaft für Ernährung) 2000.