



Magnesium

Top nutrients for women

Why is magnesium important for women?

Magnesium supports your immune system, blood sugar levels and bones. It also helps keep your muscles and nervous system working.

Magnesium supplements are commonly recommended to help with premenstrual syndrome (PMS), pelvic pain and menopausal symptoms. They are also used to help manage headaches, migraine, anxiety and sleep problems. Some women find the supplements helpful, but more quality research is needed to confirm their effectiveness and how they work in the body.

Where can I find magnesium?

Food sources of magnesium include:

- green leafy vegetables, especially spinach
- legumes (e.g. peas, beans)
- nuts (e.g. Brazil nuts and almonds)
- seeds (e.g. hemp seeds, pumpkin seeds and linseeds)
- whole grains.

Water, including mineral and bottled waters, can also be a source of magnesium. But the amount of magnesium varies depending on the water source and brand.

How can I get enough magnesium?

Most people can get enough magnesium through food and drinks.

For example, 30 g each of pumpkin seeds, chia seeds and almonds contain enough magnesium to reach a woman's daily needs. Half a cup of steamed spinach contains roughly a quarter of a woman's daily needs.

During pregnancy, your magnesium needs increase slightly.

Magnesium supplements can interfere with some medicines and health conditions, so talk to your doctor if you're unsure.

Also, it's important to take the recommended dose of the supplement. Too much magnesium from some supplements can lead to stomach cramps, diarrhoea and nausea.

Speak to your doctor, dietitian or nutritionist about what's best for you.



Recipe

This delicious chocolate slice made with nuts and seeds can satisfy a chocolate craving and provide a good dose of magnesium, available at www.jh.today/choc-slice



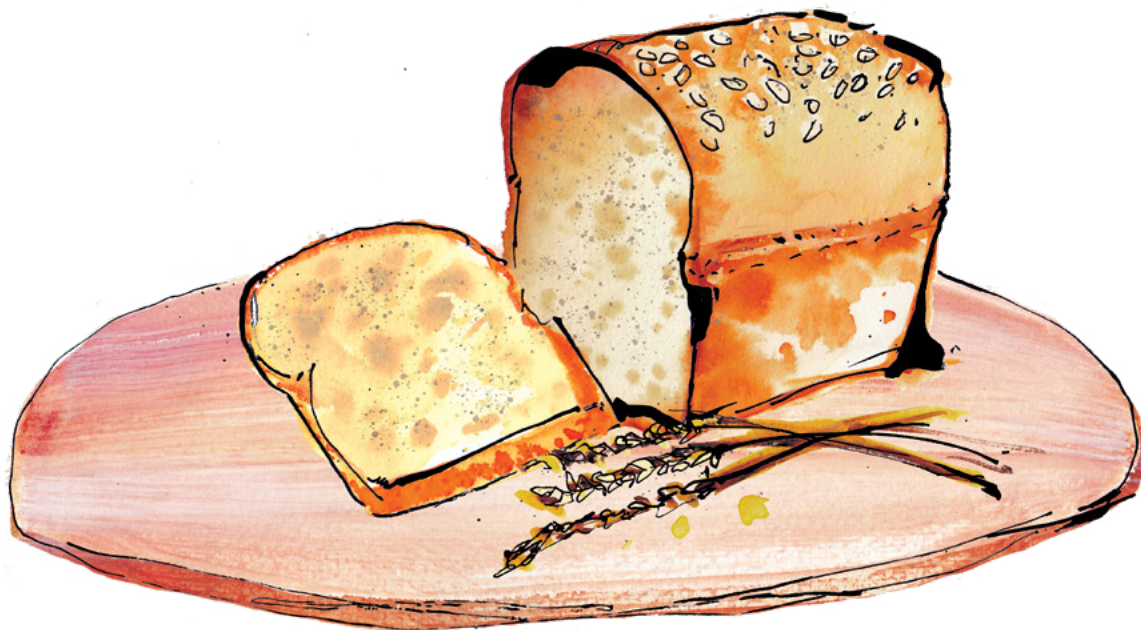
Still confused about healthy eating?

To help simplify the complicated, we've created seven more fact sheets on these important nutrients for women:

- Calcium
- Folate
- Iodine
- Iron
- Protein
- Vitamin B
- Vitamin D

Get the fact sheets at

jeanhailes.org.au/resources/fact-sheets



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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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