

MAGNESIUM RICH FOODS

Magnesium is our calming mineral and helps to improve stress, sleep, muscle soreness, and pain.



Cacao nibs



Dried Mangos



Ancient Grains



Dates



Figs



Leafy greens



Wheatgrass



Seeds



Nuts

EPSOM SALT IS THE HIGHEST SOURCE OF MAGNESIUM



- Add 2 cups to your bath.
- Soak at least 10 minutes twice a week.