

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



HIGHEST SOURCE OF MAGNESIUM
EPSOM SALT

- 1 ADD 2 CUPS TO A BATH
- 2 SOAK FOR 10 MINUTES TWICE A WEEK
(MUST BE ABSORBED THROUGH THE SKIN)