AgelessCoach™
AGE STRONG. LIVE LONG.

The Brain Magnesium Checklist

Four steps, every box checkable. Print it, fridge it, take it to the shop.

350 MG · YOUR DAILY CEILING FROM SUPPLEMENTS ONLY

CHECKED AGAINST NIH ODS · NIA · NCCIH

1 DO THE FOUR THINGS WITH REAL TRIAL SUPPORT

- ☐ **Blood pressure:** know your number and treat it. Midlife matters most.
- ☐ **Movement:** 150 minutes a week, walking counts (federal guidelines).
- ☐ **Sleep and people:** 7 to 9 hours, plus real company, every week.

2 GET MAGNESIUM FROM FOOD BEFORE A BOTTLE

- ☐ **Every day:** one leafy green serving plus one nut or seed serving.
- ☐ **Swap in:** whole grains for refined, beans for one meat meal a week.
- ☐ **Count it:** use the food table below. None of it hits your ceiling.

3 CHECK THE CEILING AND YOUR MEDICINE LIST

- ☐ Multivitamin _____ mg · Sleep formula _____ mg
- ☐ Antacid _____ mg · New bottle _____ mg
- ☐ **Total stays under 350 mg.** Ask about reflux drugs, diuretics, antibiotics.

4 MATCH THE FORM TO THE JOB YOU WANT DONE

- ☐ **General shortfall:** citrate, glycinate, malate. Well absorbed, well studied.
- ☐ **Brain research:** L-threonate is the form the cognition studies used.
- ☐ **Label test:** form named, elemental mg per serving printed, serving size read.

BRAIN HABITS, RANKED BY EVIDENCE

Treating blood pressure	TRIAL
Regular activity	STRONG
Sleep and hearing care	STRONG
Reasoning practice	TRIAL
Brain training apps	THIN

TOO MUCH LOOKS LIKE

Loose stools, nausea, cramping. Ease back and redo your step 3 math.

BEYOND THE BOTTLE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

YOUR DAILY MAGNESIUM TARGET, BY AGE *- circle your row*

AGE	MEN	WOMEN
19-30	400 mg	310 mg
31-50	420 mg	320 mg
51-70	420 mg	320 mg
71+	420 mg	320 mg

Target = food + supplements. The 350 mg ceiling applies to supplements and medicines only. RDAs per NIH ODS.

FOOD FIRST *- none of it counts against the ceiling*

Pumpkin seeds	1 oz	156 mg
Chia seeds	1 oz	111 mg
Almonds	1 oz	80 mg
Spinach, cooked	1/2 cup	78 mg
Cashews	1 oz	74 mg

A handful of pumpkin seeds covers a third of most gaps.

WHAT IT RUNS IN YOUR BODY *- why the habit is worth it*

- ✓ Nerve signalling
- ✓ Muscle function
- ✓ Blood pressure regulation
- ✓ Blood sugar control
- ✓ Protein and DNA building

NIH ODS lists nerve and muscle function, blood sugar and blood pressure among magnesium's jobs. Closing a real gap is the benefit.