Modern Day Human Magnesium Requirements: The RDN’s Role
by Andrea Rosanoff, PhD, and Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM

References

Slide 4


**Slide 10**

**Slide 11**

**Slide 12**


**Slide 13**

**Slide 15**

**Slide 19**


**Slide 21**


59. Daniells S. Magnesium linked to fewer gallstones: increased intake of magnesium from dietary supplemental forms may decrease a man’s risk of developing gallstones, suggests a
new study from the US. Decision News Media SAS. 
https://www.nutraingredients.com/Article/2008/02/26/Magnesium-linked-to-fewer-gallstones.
Updated July 19, 2008.


*Slide 22*


*Slide 25*


*Slide 26*


**Slide 27**


**Slide 28**
