

Recommended Daily Magnesium Intake	
Children – 1 to 3 years	80 mg
Children – 4 to 8 years	130 mg
Males – 9 to 13 years	240 mg
Males – 14 to 18 years	410 mg
Males – 19 to 30 years	400 mg
Males – 31 to > 70 years	420 mg
Females – 9 to 13 years	240 mg
Females – 14 to 18 years	360 mg
Females – 19 to 30 years	310 mg
Females – 31 to > 70 years	320 mg
Pregnancy - < 18 years	400 mg
Pregnancy – 19 to 30 years	350 mg
Pregnancy - > 31 years	360 mg
Lactation - < 18 years	360 mg
Lactation – 19 to 30 years	310 mg
Lactation - > 31 years	320 mg

<https://www.sharecare.com/health/magnesium/recommended-dietary-allowance-of-magnesium>

