

# Calm-Body Magnesium Checklist

Sleep Deeper, Feel Lighter



- ☐ **Sip a Green Smoothie at Lunch**  
Spinach + banana + almond butter = around 150 mg of magnesium love.



- ☐ **Sprinkle Pumpkin Seeds on Everything**  
Salads, oatmeal, or yogurt bowls—2 tbsp. gives 90 mg.



- ☐ **Swap Dessert for Dark Chocolate (70%+)**  
One small square carries roughly 50 mg and feels delightfully decadent.



- ☐ **Try an Evening Epsom-Salt Bath**  
Transdermal magnesium can relax tight muscles and busy thoughts; soak 20 minutes.



- ☐ **Use a Magnesium Spray on Tense Shoulders**  
Quick, targeted relief—perfect before bed or after screen-heavy days.



- ☐ **Supplement Wisely**  
Gentle forms like **magnesium glycinate or citrate\*** are easier on digestion and better for relaxation—without harsh fillers or cheap magnesium oxide. Best taken 1–2 hours before bedtime with a small snack.



*\*This is not medical advice.*