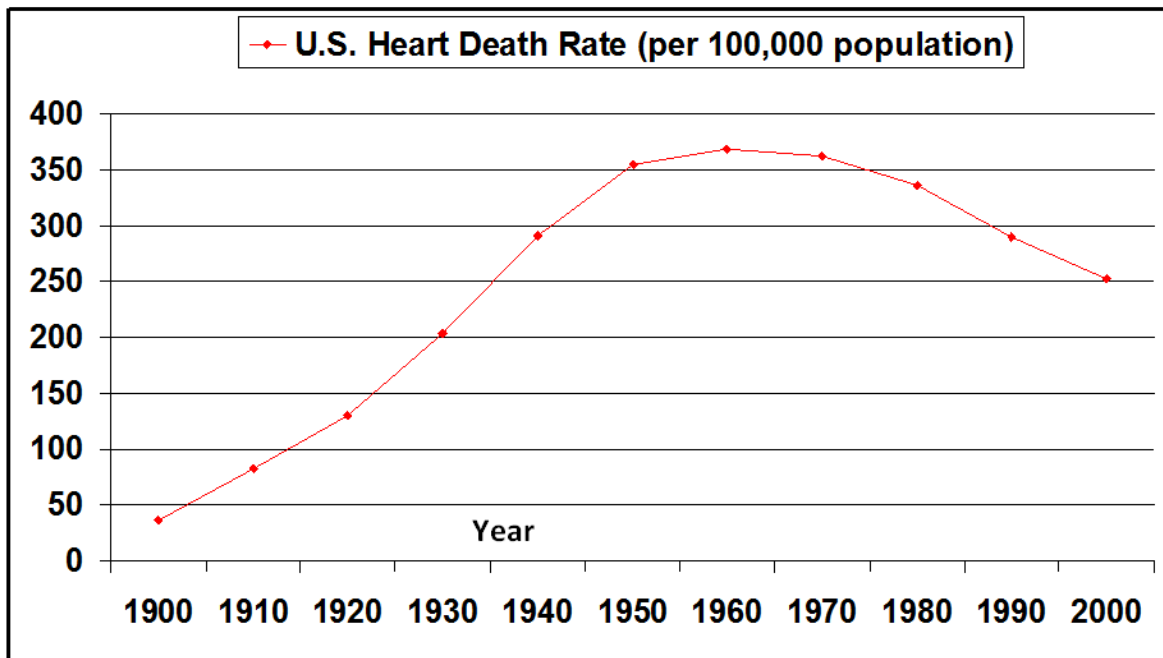


Fig. 1 As Mg intakes have gone down in USA, heart disease has risen.



Calculated w/ data from: AHA, U.S. Census – not adjusted for age

From Marier, 1982: **Estimated Mg intakes in USA:** 1910 – 410 mg/day per person
1980 – 300 mg/day per person

See also Fig. 2