

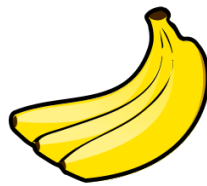
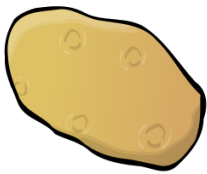
# Magnesium

**B I N G O**

			<b>controls blood pressure</b>	
	<b>converts food to energy</b>			
		<b>Free space!</b>		<b>controls blood sugar</b>
	<b>fight depression</b>			<b>muscle movement</b>
				

# Magnesium

**B I N G O**



**controls  
blood  
pressure**



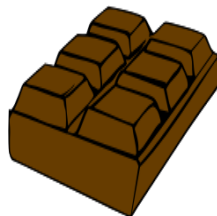
**controls  
blood  
sugar**



**Free  
space!**



**muscle  
movement**



**fight  
depression**



**converts  
food to  
energy**







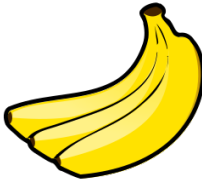

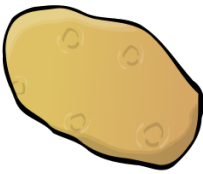


# Magnesium

**B I N G O**

<p><b>controls blood sugar</b></p>				
				<p><b>fight depression</b></p>
<p><b>controls blood pressure</b></p>		<p><b>Free space!</b></p>		
	<p><b>muscle movement</b></p>			
		<p><b>converts food to energy</b></p>		





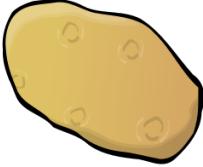














# Magnesium

**B I N G O**

				
<b>controls blood sugar</b>				
	<b>fight depression</b>	<b>Free space!</b>	<b>muscle movement</b>	
				<b>controls blood pressure</b>
<b>converts food to energy</b>				

# Magnesium

**B I N G O**

<p><b>controls blood sugar</b></p>	<p><b>fight depression</b></p>		<p><b>converts food to energy</b></p>	
<p><b>muscle movement</b></p>				<p><b>controls blood pressure</b></p>
		<p><b>Free space!</b></p>		
				
				

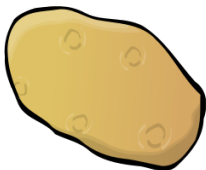
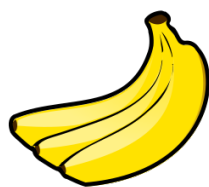
# Magnesium

**B I N G O**

			<b>controls blood pressure</b>	
	<b>muscle movement</b>			
		<b>Free space!</b>		
				
<b>converts food to energy</b>	<b>fight depression</b>			<b>controls blood sugar</b>

# Magnesium

**B I N G O**



**controls  
blood  
sugar**



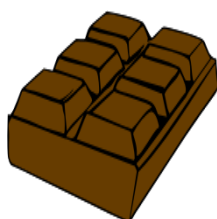
**Free  
space!**



**controls  
blood  
pressure**



**fight  
depression**



**converts  
food to  
energy**

**muscle  
movement**



# Magnesium

**B I N G O**

	<p><b>muscle movement</b></p>	<p><b>fight depression</b></p>		
<p><b>controls blood pressure</b></p>				
		<p><b>Free space!</b></p>		
<p><b>controls blood sugar</b></p>		<p><b>converts food to energy</b></p>		
				








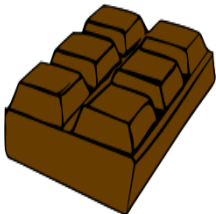
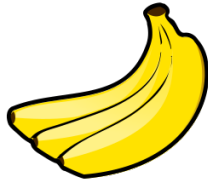


# Magnesium

**B I N G O**

				
	muscle movement	controls blood sugar	converts food to energy	
		Free space!		
			fight depression	
	controls blood pressure			




# Magnesium

**B I N G O**

	<b>controls blood sugar</b>		<b>converts food to energy</b>	<b>fight depression</b>
			<b>muscle movement</b>	
		<b>Free space!</b>	<b>controls blood pressure</b>	
				
				


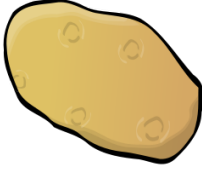


# Magnesium

**B I N G O**

				
				
	<b>converts food to energy</b>	<b>Free space!</b>		
			<b>fight depression</b>	<b>controls blood sugar</b>
		<b>controls blood pressure</b>	<b>muscle movement</b>	

# Magnesium

**B I N G O**

				<b>controls blood pressure</b>
			<b>muscle movement</b>	
		<b>Free space!</b>		
			<b>converts food to energy</b>	
<b>fight depression</b>			<b>controls blood sugar</b>	

# Magnesium

**B I N G O**

				
				
	<b>controls blood pressure</b>	<b>Free space!</b>	<b>fight depression</b>	
		<b>converts food to energy</b>		
<b>muscle movement</b>		<b>controls blood sugar</b>		


# Magnesium

**B I N G O**

	<b>fight depression</b>			
				<b>muscle movement</b>
		<b>Free space!</b>		<b>controls blood sugar</b>
				
	<b>converts food to energy</b>	<b>controls blood pressure</b>		

# Magnesium

**B I N G O**

			<b>converts food to energy</b>	<b>muscle movement</b>
		<b>controls blood sugar</b>		<b>fight depression</b>
		<b>Free space!</b>		
				
		<b>controls blood pressure</b>		

# Magnesium

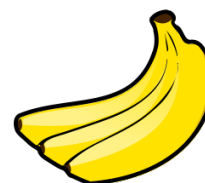
**B I N G O**



**controls  
blood  
sugar**



**Free  
space!**

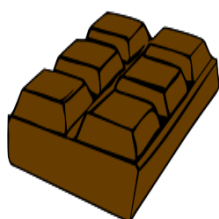


**converts  
food to  
energy**



**muscle  
movement**

**fight  
depression**



**controls  
blood  
pressure**







# Magnesium

**B I N G O**

		<b>controls blood sugar</b>		<b>controls blood pressure</b>
		<b>fight depression</b>		
	<b>converts food to energy</b>	<b>Free space!</b>		
				<b>muscle movement</b>
				


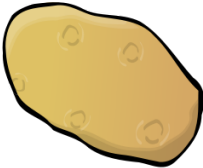





# Magnesium

**B I N G O**

	<p><b>controls blood pressure</b></p>	<p><b>muscle movement</b></p>		
<p><b>controls blood sugar</b></p>				
		<p><b>Free space!</b></p>		
<p><b>fight depression</b></p>	<p><b>converts food to energy</b></p>			
				

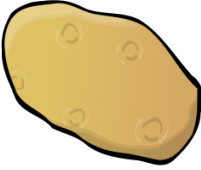




# Magnesium

**B I N G O**

				
		<b>controls blood pressure</b>	<b>fight depression</b>	<b>muscle movement</b>
<b>controls blood sugar</b>		<b>Free space!</b>		
<b>converts food to energy</b>				
				

# Magnesium

**B I N G O**

	<p><b>controls blood pressure</b></p>			
	<p><b>converts food to energy</b></p>			
<p><b>muscle movement</b></p>		<p><b>Free space!</b></p>		
<p><b>fight depression</b></p>				
				<p><b>controls blood sugar</b></p>

# Magnesium Call List

- Call out each word or phrase starting at the top.
- To make the game more challenging, give a clue instead of saying the word.
- Use the extra space on this page to write your own notes (e.g., clues you'll use for each word/phrase).



bokchoy

controls blood sugar



kidney bean



chia seeds



whole grain



lettuce



fig



bran flakes



kale



mg



potato



almonds

controls blood pressure

muscle movement



tofu



chocolate

converts food to energy



bananas



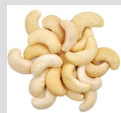
flaxseed



avocado



spinach



cashews



salmon

fight depression