

MAGNESIUM

S O U T H A R D L I V I N G . C O M

Magnesium is involved in over 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heartbeat steady, and helps bones remain strong. It also helps adjust blood glucose levels.

MAGNESIUM CHELATE: RECOVERY

This form of magnesium is especially important for muscle building, recovery, and health.

MAGNESIUM CITRATE: CONSTIPATION

Supports metabolic health. In fact, one study found that this form may improve blood vessel health in healthy overweight individuals.

MAGNESIUM GLYCINATE: SLEEP & RELAXATION

Is the best form of magnesium for muscle and overall relaxation responses.

MAGNESIUM MALATE: MUSCLE AND ENERGY

Some believe this to be the most bioavailable form of magnesium. It's found naturally in fruits, giving them a "tart taste."

MAGNESIUM SUCROSOMIAL: IMMUNE AND BONE

This form of magnesium is very well absorbed. It helps you to effectively produce energy. It also supports the immune system and bone health.

MAGNESIUM TAURATE: HEART AND BLOOD PRESSURE

This is the form of magnesium best for your heart. One study noted: "The complex magnesium taurate may thus have considerable potential as a vascular-protective nutritional supplement."

MAGNESIUM OROTATE: HEART AND MUSCLE

While also helpful for the heart, magnesium orotate is believed to be the best form for metabolic improvements. This makes it a favorite for athletes seeking enhanced recovery, energy, and performance.

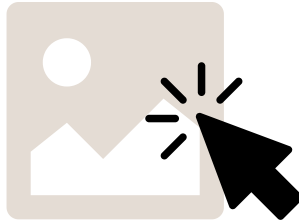
MAGNESIUM THREONATE: COGNITION AND MEMORY

Research suggests that magnesium threonate may be beneficial for cognitive health and function, sleep quality, anxiety, depression, insomnia, hair loss, and pain.

20 REASONS WHY YOU NEED MAGNESIUM:

- Gives your body energy
- Regulates blood pressure
- Involved in protein production
- Treats pre-eclampsia and eclampsia
- Helps protect DNA
- Stabilizes glucose levels
- Regulates the nervous system
- Supports heart health
- Soothes sore muscles
- Balances Zinc levels
- Boosts mental health
- Helps calcium absorption
- Anti-inflammatory
- Promotes relaxation
- Prevents migraines
- Alleviates cramps
- Reduces water retention
- Assists in Vitamin D absorption
- Improves quality of sleep
- Helps restless leg syndrome

[ALERT] EACH IMAGE BELOW IS
LINKED FOR YOUR CONVENIENCE.
SIMPLY CLICK TO SHOP.



ALL SUGGESTIONS ARE FAMILY SAFE



ORAL FORMS OF MAGNESIUM



SELECT BALANCE

8 FORMS OF MAGNESIUM FOR TEENS AND ADULTS

This is by far my favorite magnesium!

Take AT NIGHT.



BIOOPTIMIZERS

7 FORMS OF MAGNESIUM FOR TEENS AND ADULTS

If Select Balance is out of stock this is my go-to!

Take AT NIGHT.



DR. GREEN MOM

APPROVED FOR BOTH ADULTS AND CHILDREN!

I personally put this in Harlow's milk or "cake drink" (protein powder) everyday!

TOPICAL FORMS OF MAGNESIUM



MAGNESIUM SPRAY

I love using this spray on the bottoms of our feet before bed!



MAGNESIUM GEL

I personally love the gel on any sore muscles or aches!



MAGNESIUM FLAKES

I absolutely love using these magnesium flakes in my bath a couple times a week to relax. Safe for all ages!