

MAGNESIUM

IS

BEST FOR YOU?

Magnesium Glycinate

- Good for those with Migraine or who have a deficiency
- No laxative properties
- Glycine helps with sleep, anxiety, and inflammation

Topical Magnesium: Magnesium Chloride and Sulfate

- Chloride appears to have more healing properties than sulfate
- Lotion, baths, and foot soaks
- Good to combine with another form of magnesium

Magnesium Citrate

- Best studied form and good bioavailability
- Used as a laxative and potentially not tolerated in higher doses required for a deficiency
- Mixes well with liquids

Magnesium Oxide

- Inexpensive
- Not very bioavailable or well absorbed compared to other forms

Magnesium L-Threonate

- Best for cognitive function/brain fog
- No laxative properties
- Good to combine with another form of magnesium
- Potentially energizing and best to take in the morning

Magnesium Malate

- Good for fibromyalgia and chronic fatigue syndrome
- Energizing properties make it best to take in the morning
- Good bioavailability (absorption)

Magnesium Taurate

- Great for heart related issues and migraine
- Shown to reduce heart attacks and promote stable blood sugar
- Difficult to find a good brand that's not mixed with other forms

Watch for Fillers / Additives

- Gelatin and Magnesium Stearate can sometimes not be tolerated
- The fewer ingredients in