

MAGNESIUM TYPES AND USES

MAGNESIUM CITRATE

This is a very commonly used form of magnesium. It pulls water into the intestine and relieves constipation. May cause loose stools or digestive upset in large doses. Used to naturally support digestion and acid indigestion.

MAGNESIUM MALATE

This form of magnesium has been studied for use in cases of fibromyalgia and chronic fatigue and has been shown to help relieve muscle pain and improve ATP (energy) production. This form is well absorbed and causes minimal digestive upset, if any.

MAGNESIUM BISGLYCINATE

This form has excellent bioavailability and minimal laxative effect. It has been used successfully for anxiety, chronic pain, insomnia and muscle relaxation. Calming and supportive of the detoxification pathways and cellular function, It is highly recommended by naturopathic physicians for improving magnesium levels. A great option to take before sleep.

MAGNESIUM TAURATE

While not very well known and somewhat difficult to find, this form of magnesium contains the amino acid taurine, which is known for its ability to support heart and brain function. Along with promoting healthy heart function, magnesium taurate has been shown to help maintain healthy blood sugar levels and is calming to the nerves and muscles.

MAGNESIUM THREONATE

This is a very unique form of magnesium. It is the only form that is able to cross the blood brain barrier. This unique ability can lead to improvement in short and long term memory and improved recall. This form is easily absorbed and is a good option for brain health, including potential to improve depression and anxiety.

MAGNESIUM OXIDE

This form of magnesium is commonly used in many supplements due to its minimal cost. Unfortunately, it is a very poorly absorbed source of magnesium; less than about 5%... so really not a great choice if your intention is to improve magnesium levels. This form also can cause digestive upset, loose stools and nausea.

Disclaimer: This is provided for information purposes only and does not constitute advice of any kind. I am not a doctor, medical professional or your mom! It is recommended that you always consult with a medical professional... and for goodness sake, listen to your body, follow your intuition and always use your common sense!