

Magnesium Guide

What Kind of Magnesium is Right For You?

Magnesium is an amazing mineral that plays a major role in the function of 300+ enzymes that help regulate daily metabolic functions. Some studies suggest up to 75% of Americans aren't meeting the dietary requirements for magnesium, even though the body relies on it in many ways! In general, magnesium can have a big impact on mood, memory, attention disorders, heart health, blood sugar, and hormone health. There are many different forms of magnesium, but these are some of the most popular and some key notes about each.

Citrate

More bioavailable
Increases water in colon
Laxative effect

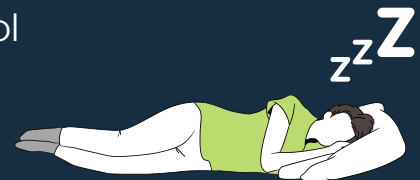
Malate

More bioavailable
Laxative effect
Natural antacid

Glycinate (bisglycinate)

More bioavailable
Gentle on stomach
Reduces PMS symptoms
Improve blood sugar control
Calming effect
Improved sleep

A Valeo
Favorite!



Recommended:
Optimal Magnesium or Magnesium Plus

Oxide

Poor bioavailability
Stimulates the digestion system
Laxative effect
Common in poor quality
supplements

L-threonate

Bioavailable
Support brain function and mood
Crosses blood-brain barrier

Recommended: NeuroMag