



MAGNESIUM GUIDE: FORMS, USES & DOSAGES

Magnesium is one of the most essential minerals in the body, involved in over 600 enzymatic reactions. Despite its importance, magnesium deficiency is widespread due to modern farming practices, soil depletion, processed food consumption, and certain medications. Deficiency can lead to a variety of symptoms, including headaches, muscle cramps, insomnia, high blood pressure, anxiety, and more. This guide will help you choose the right form of magnesium based on your health concerns, with recommended dosage ranges.



Types of Magnesium and Their Uses

Form of Magnesium	Uses/Benefits	Dosage Range
Magnesium Glycinate	Best for relaxation, muscle tightness, headaches, and stress relief	200-400 mg/day
Magnesium Citrate	Supports digestion, helps relieve constipation	200-1000 mg/day (higher doses may cause loose stools)
Magnesium Malate	Supports energy production, helps with chronic fatigue, and pain management	300-600 mg/day
Magnesium Threonate	Supports cognitive function, memory, and mood balance	1000-2000 mg/day (based on elemental magnesium content*)
Magnesium Taurate	Supports heart health, blood pressure regulation	250-500 mg/day
Magnesium Sulfate (Epsom Salt)	Best for muscle cramps, spasms, and relaxation when used in baths	1-2 cups in a warm bath for 15-30 minutes
Magnesium Chloride (Topical/Oil)	Helps with localized muscle pain and cramps, absorbed through the skin	Apply 5-10 sprays to affected area (dilute if irritation occurs)



Forms of Magnesium to Avoid

Not all magnesium supplements are created equal. Some forms have poor absorption rates or are more likely to cause digestive issues.

- **Magnesium Oxide:** Has a very low absorption rate (~4%) and primarily acts as a laxative rather than effectively raising magnesium levels in the body.
- **Magnesium Aspartate & Magnesium Glutamate:** These forms contain neurotransmitter compounds (aspartate and glutamate) that can overstimulate the nervous system and may cause adverse effects in sensitive individuals.

*Understanding Elemental Magnesium

Magnesium supplements contain different forms of magnesium, but not all of the stated dosage is pure magnesium. The term 'elemental magnesium' refers to the actual amount of magnesium available for the body to absorb and use.

For example, magnesium L-threonate contains less elemental magnesium than other forms. A typical supplement contains 1,500-2,000 mg of magnesium L-threonate, but only about 144 mg of that is actual elemental magnesium. This means a higher dose is needed compared to other magnesium forms to reach the same levels of magnesium in the body.

If your goal is general magnesium supplementation, other forms like magnesium glycinate or citrate may be better options. However, if you are looking to enhance brain function and cognitive performance, magnesium L-threonate remains one of the most effective choices, even at lower elemental magnesium levels.

How to Optimize Your Magnesium Intake

Eat Magnesium-Rich Foods: Leafy greens (spinach, Swiss chard, beet and turnip greens), pumpkin seeds, sesame seeds, almonds, and dark chocolate.

- **Limit Magnesium-Depleting Foods:** Coffee, sodas, sugar, alcohol, and processed foods.
- **Consider Supplementation:** Choose the right form for your specific needs and take with food to enhance absorption.
- **Check for Medication Interactions:** Certain medications, like diuretics and proton pump inhibitors, may lower magnesium levels. Always consult with a healthcare provider if you are on any long-term medications.

Remember: Magnesium needs vary per individual. Start with lower doses and adjust as needed based on symptoms and tolerance. Listen to your body—too much magnesium can cause loose stools. Take magnesium to bowel tolerance, especially citrate, which has a strong laxative effect.