



Monthly Health Tip

Magnesium: Choosing the Right Form

Introduction

Magnesium is involved in **more than 300 processes in the body**, including muscle relaxation, nerve function, energy production, sleep, and heart health. Many people do not get enough magnesium. **Not all magnesium supplements work the same way**, and different forms support the body differently.

Well-Absorbed Forms for Daily Support

Magnesium Glycinate

- Gentle and highly absorbed
- Supports **sleep, relaxation, stress reduction, and muscle tension**

Magnesium Malate

- Supports **energy production and muscle function**
- Helpful for **fatigue or muscle soreness**

Magnesium L-Threonate

- Can enter the brain more easily
 - Supports **memory, focus, and cognitive function**
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Magnesium for Digestive Support

Magnesium Citrate

- Reasonably well absorbed
 - **Draws water into intestines** — helps **digestion and occasional constipation**
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Magnesium Used on the Skin

Magnesium Chloride

- Found in **magnesium oils, lotions, and bath flakes**
 - Supports **muscle relaxation and recovery**
 - Useful if oral magnesium is not tolerated
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Less Well-Absorbed Form

Magnesium Oxide

- Poorly absorbed by the body
 - Mainly used for **short-term relief of constipation**
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Key Takeaway

The form of magnesium is as important as the dose.

Choose the right type to support **sleep, energy, digestion, brain health, or muscle recovery.**

Consult your **healthcare provider** for the best form and dosage for your needs.

This information is for educational purposes and does not replace medical advice.

Physiotherapie Michele Mueller