

Easy Guide to Magnesium Supplementation:

Benefits

- **Maintaining healthy blood pressure**
- **Promoting sleep**
- **Maintaining muscle and bone health**
- **Maintaining a healthy nervous system**
- **Controlling blood sugar**



Magnesium malate:

Absorption: High

Price: \$\$

Dose: 300-500 mg per day

Additional Benefits:

- **Improves muscle pain and workout recovery**
- **Increased energy metabolism and improves fatigue**
- **Can reduce chronic pain**

✨ ✨ **RHS Top Pick!**



Magnesium threonate:

Absorption: High

Price: \$\$\$

Dose: ≈ 150 mg per day

Additional Benefits:

- **Improves magnesium levels in the brain**
- **Improves mood, memory, and focus**
- **Helpful for those with insomnia**



Magnesium citrate

Absorption: High

Price: \$

Dose: \approx 350-400 mg per day

Additional Benefits:

- **Improves digestion**
- **Can promote bowel regularity**
- **Can prevent kidney stones**



Magnesium oxide:

Absorption: Low

Price: \$

Dose: 400 mg per day

Additional Benefits:

- **Relieves occasional constipation**



Magnesium glycinate:

Absorption: High

Price: \$\$

Dose: \approx 350-400 mg per day

Additional Benefits:

- **Crosses the blood brain barrier**
- **Can improve cognitive function and sleep**
- **Cheaper alternative to magnesium threonate**
- **Least amount of side effects**

✨ ✨ **RHS Top Pick!**



Magnesium chloride:

Absorption: Moderate to High

Price: \$

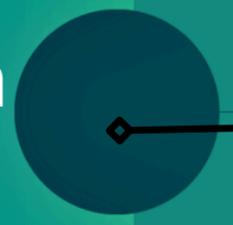
Dose: \approx 500 mg per day

Additional Benefits:

- **Well tolerated**
- **Improve mood**
- **Can also be used topically for those who are sensitive to oral magnesium**



**Magnesium
Threonate**



**Mood, cognition,
sleep, and memory**

**Magnesium
Glycinate**



**Magnesium
Malate**



**Muscle pain,
recovery, exercise
performance**

**Magnesium
Citrate**



**Magnesium
Oxide**



**Gut health and
constipation**

**Magnesium
Chloride**

